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Sports pg 18-19

Preview of the upcoming CFL season

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CanadaDay

- Man proud to be sworn in as citizen on Canada Day, page 3
- Canada Day celebrations in Ottawa, page 3
- Lawrence Martin's National Report, page 11
- Word on the street, page 11
- Josey Vogels, page 22

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada.

On metronews.ca

- See what other Metro readers are doing and saying about SunnySide.

IranCrisis

Metro Canada is keeping you up to date with everything you need to know about the evolving crisis in Iran.

Today

- Iran closes the case on election results, pg 12

On metronews.ca

- Look back on how events have unfolded with stories, photos and video in our ongoing Unrest in Iran section

Metro

Metro will not publish Canada Day, Wednesday, July 1. The next edition will appear Thursday.

Texting champion **Fast fingers lead to $25,000 prize**

ANDREW WILLIAMSON/FOR METRO CANADA

Kathy Spence is this year's LG Canadian Texting Champion. She won by completing a long text message, more quickly and accurately than any of the other finalists. She took home $25,000 in cash and prizes from the event in Toronto. Story, pg 10

150 years for Madoff

Convicted fraudster won't have easy time in jail: Experts

From rubbing elbows with millionaires to sharing a prison yard with drug dealers and gangsters, Bernard Madoff's life is about to change dramatically.

The Federal Bureau of Prisons has not decided where Madoff, who orchestrated a Ponzi scheme that bilked investors out of billions of dollars, will serve his 150-year sentence. But no matter where he ends up, Madoff should not expect plush digs, former federal prisoners say.

Far from it.

Madoff, 71, leaving behind his wife and his $7-million Manhattan apartment, will likely find himself earning pennies a day sweeping floors, cleaning toilets or manning a stove in the prison kitchen.

Like all prisoners, corrections officers will shine a light in his face twice in the middle of the night as part of six or seven daily checks.

"One of the most difficult things to deal with in prison is the reality that you are powerless," said Jonathan Richards, author of Federal Prison: A Comprehensive Survival Guide, who served time in a Federal Medical Center, which is similar to a low-security prison.

"Your whole life you basically eat when you want to eat, sleep when you want to sleep, wear what you want to wear. Then, suddenly, this daily freedom is taken away."

"One of the most difficult things to deal with in prison is the reality that you are powerless."
Jonathan Richards, author and former inmate

REUTERS

Spousal rejection rates raise questions

IMMIGRATION Almost half of the husbands and wives in southern China and central Africa who want to rejoin their spouses in Canada are refused, a situation MP Olivia Chow calls cruel and arbitrary.

That this country makes it tough for some couples to be reunited is no surprise to a Markham, Ont., engineer and his two little girls. To try to get their wife and mother here, they've spent a year scaling a mountain of bureaucracy stacked with family photographs and questions about minutiae such as in-laws' birthdates.

"The system encourages you not to tell the truth," says a frustrated Khalid Nabbie, who has been separated from wife, Dixie Ann, since returning to Canada from Trinidad last year.

"I know three people who came here on regular visas and applied here. It takes longer, but at least they're together."

Chow, the NDP immigration critic, yesterday released spousal sponsorship numbers supplied by Citizenship and Immigration Canada two months after a formal written request. TORSTAR NEWS SERVICE

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Hawkesbury says OK to solar farm

Solaris Energy Partners has been given the go-ahead to build a solar farm in Hawkesbury, CBC News Online reports. After two years of negotiating with the town, a plan was approved. The project will employ 10 full-time workers to operate the farm, and 100 short-term workers for construction. METRO NEWS SERVICES

Local

OC Transpo fares up July 1

To ease the trip home after the Canada Day fireworks, OC Transpo bus and O-Train fares will be free, starting at 10 p.m. But at the start of the day, paying riders will see increases implemented. There is no increase to cash fares, but bus tickets will rise from $1 to $1.15 and O-Train fares will increase 25¢ to $2.50. The price of a Community Pass remains the same. For more info, visit octranspo.com

METRO NEWS SERVICES

ParticipACTION set to inspire us to 'start small'

HEALTH The ParticipACTION Sun Life Inspire the Nation tour swept into Ottawa yesterday to encourage us to get out of our cars and on our feet and bikes.

"We really believe that we can inspire the nation," said Kelly Murumets, ParticipACTION president and CEO. "Physical inactivity can lead to a host of chronic degenerative conditions and premature death, but we can overcome this if we start small, and we start now."

Ottawa residents were invited to pick up a free pedometer and visit the Inspiration Booth, where they could record a video about how they have added more activity to their lives. The videos are uploaded to ParticipACTION's online Wall of Inspiration.

The 2006 Census says about 67 per cent of Ottawa residents aged 15 and older in the workforce rely on a car, truck or van as their primary transportation, while only 10 per cent walk or cycle. METRO OTTAWA

metronews.ca
What's online today.

Video Lamenting the lack of a Canada Day long weekend at **metronews.ca/canada**

Your Money Allan Small on the best investments for income growth as the market rally gains strength at **metronews.ca/investing**

Blogs Hollywood Rants is unsurprised about the circus surrounding the death of Michael Jackson

Lotteries

Ontario Pick 3: 7 9 0; **Ontario Pick 4:** 5 2 1 1
Encore: 3302934
Daily Keno: 4, 12, 14, 15, 17, 21, 23, 27, 28, 31, 37, 38, 45, 57, 59, 60, 61, 63, 64, 70.
These results are not official.

'Canada is a blessing,' says future Canadian

Man 'excited and proud' to take oath on July 1

CanadaDay

TRACEY TONG
tracey.tong@metronews.ca

Urooj Qureshi has been a proud Canadian long before he officially becomes Canadian.

So it's fitting that on Canada Day, the 26-year-old will be sworn in as a citizen of the country.

The Ottawa resident was eligible to become a citizen months earlier, but made a special request to be sworn in on July 1.

"It was the day I wanted since becoming a permanent resident," said Qureshi, "so I'm really glad I got it."

Originally from Pakistan, Qureshi studied mechanical engineering in Saginaw, Mich., for about six months when he transferred his credits to the University of Ottawa, arriving in Canada in August 2002. After graduation, he started his own communications agency specializing in intercultural communications.

"The community in Ottawa is fantastic and so welcoming," he said. "Canada is a blessing."

Shortly after arriving in Canada, he became heavily involved as a volunteer, and in his spare time, he runs, plays soccer and spends time in the Gatineaus, Kingsmere Lake, Meech Lake and at Lac Philippe.

"I've been in cities all around the world and there's no place like Ottawa with the amount of green space and the outdoor activities available to us," he said.

While he was the first in his family to come to Ottawa, his parents and two brothers have since joined him here. His brother, Saad, recently got his citizenship.

Because of that, he knows what to expect at his own ceremony at the Canada Aviation Museum on Canada Day.

"I'm excited and proud," said Qureshi, who will become a dual citizen of Pakistan and Canada. "There's been a lot of sacrifice to get to this point, and there is a lot to celebrate."

An avid traveller, he's happy to be able to get a Canadian passport, but said the "most important thing is the ability to vote.

"I'll be able to participate in helping shape the community, and that's something I'm really looking forward to," he said.

Although he still has family in Pakistan and likes to visit whenever he can, Ottawa is now undeniably home, he said.

TRACEY TONG/METRO OTTAWA

Ottawa resident Urooj Qureshi — at the statue of Canada's first prime minister, Sir John A. Macdonald, on Parliament Hill recently — will realize his dream of being sworn in as a Canadian on Canada Day.

Something for all as capital celebrates

STEVE COLLINS
for Metro Ottawa

CanadaDay

This year's Canada Day celebrations in Ottawa offer countless ways to enjoy the country's 142nd birthday.

The physically active can begin Canada Day off with a 5-km run, starting at 8 a.m. on the Gatineau side of the Alexandra Bridge and ending at Jacques-Cartier Park. A 1-km kids' run starts at 9 a.m., a non-competitive 3-km walk at 9:30 a.m., and cooperative games for families and groups from 10 a.m. to 5 p.m., all at Jacques-Cartier Park.

Athletes of the armchair sort can check out the Vancouver 2010 Kiosk at the Capital Infocentre (90 Wellington St., across from Parliament Hill), meet some Canadian athletes, get their autographs, and see the Olympic and Paralympic torch.

Culture buffs can enjoy free admission to the Museum of Civilization, and the permanent collection of the National Gallery.

For music lovers, the noon and evening concerts on Parliament Hill will feature a cross-country lineup with Sarah McLaughlin (B.C.), Marie-Mai (Que.), Shane Yellowbird (Alta), Marie-Jo Therio (N.B.), Drum! (N.S), and The Canadian Tenors (Ont.).

At Confederation Park, the Ottawa Jazz Festival presents two stages of free performances from 11 a.m. to 7 p.m., featuring Amanda Tosoff, Michael Kaeshammer, Carmen Souza, The Worst Pop Band Ever and more.

Also check out day and evening concerts at Jaques-Cartier Park and Major's Hill Park.

More information on Canada Day festivities is available at canadascapital.gc.ca.

Lighting the sky!

- No Canada Day would be complete without fireworks, scheduled to begin at 10 p.m. The NCC advises that the best vantage points are Jacques-Cartier Park and the Canadian Museum of Civilization (both in Gatineau), Major's Hill Park, Victoria Island, and along the Ottawa River.

Humane Society honours chef

The Ottawa Humane Society has created a fund to name the volunteer reception room in its planned new shelter in honour of Chef Kurt Waldele. The former executive chef of the National Arts Centre died in April.

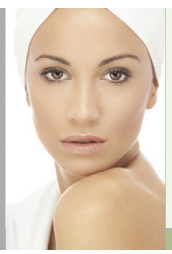
The OHS hopes to raise $75,000 to build the new room.

"Kurt truly was one of the best friends the Ottawa Humane Society has ever had," said executive director Bruce Roney, "and we wanted a fitting tribute for his remarkable volunteer achievements." METRO OTTAWA

Volunteer

- Waldele volunteered for the Humane Society for over a decade. He organized and prepared menus for many successful OHS FurBall galas. The OHS says he helped raise close to $750,000 for Ottawa's animals.

PARIS COLLIN G.M.



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Charity prepares 400 bikes for trip to Africa
Volunteers at Bicycles For Humanity spent the weekend getting 400 bicycles ready to make the trip from Ottawa to Namibia in southern Africa, according to CBC News Online. METRO NEWS SERVICES

News in brief

BLUESFEST Next Wednesday, Vancouver's Amanda Rheaume will belt out the first notes of the 16th annual Cisco Ottawa Bluesfest, which will rock LeBreton Flats from July 8-19. In all, some 250 acts will take to the stages, including KISS, the Yeah Yeah Yeahs and Ludacris. Tickets are available at Capital Tickets, all Sports Experts locations, Compact Music and the Rideau Centre Kiosk. For complete listings, visit bluesfest.ca.

STEVE COLLINS/ FOR METRO OTTAWA

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Olympic poster unveiled

Maple leaf chosen for representing history, values, beliefs

VANCOUVER 2010 Games

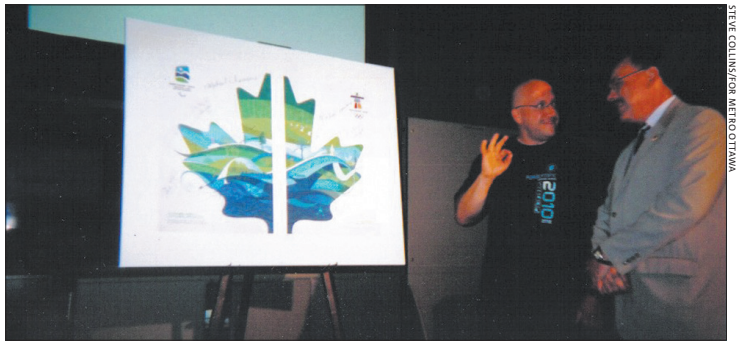
STEVE COLLINS
for Metro Ottawa

The Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games yesterday revealed its official poster in Ottawa.

VANOC CEO John Furlong and Canadian Olympic Committee president Michael Chambers joined Vancouver 2010 chef de mission Nathalie Lambert, a three-time Olympic speed-skating medalist, and Jean Labonte, Paralympic gold medallist in ice sledge hockey, to unveil the poster at the Capital Infocentre.

The Olympic and Paralympic sides of the poster each feature half a maple leaf. When they are placed side by side, the two halves form the shape of a whole leaf.

"One of Canada's most cherished symbols is the maple leaf," Lambert said. "We put it on our flag, our uniforms and even our backpacks as we travel around the world. It sums up who we are — our shared history, values and beliefs as a country."


STEVE COLLINS/FOR METRO OTTAWA

Paralympian Jean Labonte, left, and Canadian Olympic Committee president Michael Chambers check out the new official poster for the 2010 Olympic and Paralympic Winter Games, unveiled in Ottawa yesterday.

"These posters have special meanings for us because of the unique signature and identity of the Games."
Nathalie Lambert, 2010 chef de mission

Lambert said that whether as assistant chef de mission in Athens, a journalist in Nagano or a competitor in Albertville, Lillehammer and Calgary, the posters of past games have always made a strong impression on her.

"These posters have special meanings for us because of the unique signature and identity of the Games. I can still recognize every single one of them," she said.

The official poster was created by hand with paint and mixed media prior to digital composition, under the direction of Vancouver designer Ben Hulse.

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Aeroplan agrees on loan

Groupe Aeroplan Inc, which operates Air Canada's frequent flyer program, has agreed to lend the cash-strapped airline up to $100 million, both parties said yesterday. REUTERS

Canada

Vaccine set for October: Official

Canada aims to start immunizing its population against the new influenza A (H1N1) also known as swine flu, virus in October but has not yet decided who should be a priority for getting the shot, the country's top public health official said yesterday. "We're hoping that we'll be on track for having the vaccine, start immunizing in late October so that we can complete immunizing before Christmas," Dr. David Butler-Jones, chief public health officer at the Public Health Agency of Canada. REUTERS

Accounting error ruled out in missing metals case

MINT More than $15 million in gold and other precious metals may have been stolen from the Royal Canadian Mint.

That's one option being considered after a months-long external review ruled out sloppy bookkeeping or accounting errors for the disappearance of 17,500 troy ounces of gold (about 544 kilograms), raising the possibility that thieves took the precious metal.

"A higher amount of gold should be on hand than the physical amount of gold counted," concludes the report, prepared by Deloitte and Touche.

And the review reveals that some silver, platinum and palladium is also missing, although Mint officials could not say how much.

The review, released yesterday, urges the Mint to examine security to "identify theft opportunities," although officials boast their facility is already among the most secure in North America.

TORSTAR NEWS SERVICE

News in brief

MINING Mines in Honduras operated by Yamana Gold and Breakwater Resources are operating normally despite an unfolding political crisis in the Central American nation, the mines' Canadian owners said yesterday following a military coup over the weekend.

REUTERS

Defence argues system abuse

Political interference led to polygamy charges, lawyers say

Improper political interference led to polygamy charges being filed against two members of a breakaway sect of the Mormon Church, a court was told yesterday.

The court was asked to toss out the charges against the members of U.S.-based Fundamentalist Church of Jesus Christ of Latter Day Saints (FLDS), which has been reported for years to be practising plural marriages in a rural town in British Columbia.

The case is the first major test of Canada's more than century-old polygamy law, which some civil rights lawyers have warned may violate the country's constitutional protections of religious freedom.

Defence lawyers said British Columbia's attorney general abused the system by appointing a new special prosecutor after one appointed in 2007 declined to file charges because the case was likely not winnable. The new prosecutor did file charges.

The province decided to use a special prosecutor to avoid a potential conflict of interest because its own internal criminal prosecutors had warned in the 1990s the law was likely unconstitutional.

Men accused

- While the the Fundamentalist Church of Jesus Christ of Latter Day Saints in Bountiful, B.C., largely shuns outside contact, some members have acknowledged polygamy is practised. Winston Blackmore is accused of having 20 wives, while co-accused James Oler is accused of having two wives.

"The special prosecutor was intended to avoid any risk, real or perceived, of political interference," Elwood told a judge in Vancouver.

The FLDS established a community called Bountiful a short distance from the U.S. border in Lister, B.C., in the 1940s, where it is believed to have several hundred members.

The mainstream Mormon Church, which once supported polygamy but now denounces it, has taken pains to distance itself from the FLDS, whose U.S. leader and self-proclaimed prophet, Warren Jeffs, in currently in jail on sex charges.

According to the sect's doctrine, men are required to have multiple wives to get to heaven. Prosecutors have denied there was anything improper in the filing. REUTERS

Glitches mar 9-1-1 upgrade: Report

EMERGENCY Ottawa's efforts to compel wireless providers to upgrade 9-1-1 systems so distressed callers can be located on a map suffer from potentially troubling omissions and deficiencies, a new report has found.

Canada's wireless companies will be required by February 2010 to have the capability to locate the position of 9-1-1 calls from cellphones, by using a combination of GPS and network triangulation technologies. The Canadian Radio-television Telecommunications Commission outlined the new requirements five months ago amid criticism Canada had fallen behind others.

TORSTAR NEWS SERVICE

Toronto **Waste of space**

MIKE CASSESE/REUTERS

Local residents dump garbage into a truck at the temporary dumpsite at Christie Pits Park in Toronto yesterday. Nineteen temporary dump sites are up and running in Toronto for residents to get rid of perishable garbage that has been piling up at their homes during the city's week-old municipal strike by some 24,000 City of Toronto indoor and outdoor workers.

Ontario to suspend power plant plan

ENERGY Ontario said yesterday it is suspending a program to build a new nuclear power plant at its Darlington nuclear facility due to uncertainty about the future of reactor builder Atomic Energy Corp. Ltd.

The Ontario government said that only AECL, which is owned by the federal government, met the requirements of its plan to build two reactors at the Darlington site, east of Toronto, by 2018.

"Concern about pricing and uncertainty regarding the company's future prevented Ontario from continuing with the procurement at this time," provincial Energy Minister George Smitherman said in a release.

As well as AECL, Ontario also received proposals for the new reactors from French group Areva SA and Westinghouse Electric Co., which is owned by Toshiba Corp. and Shaw Group Inc.

The Ontario government launched the procurement process in March 2008 to build a two-unit nuclear power plant. REUTERS

Buyers wanted

- In late May, Canada's federal government said it planned to seek buyers for AECL as part of an asset sale to wrestle down its record budget deficit.

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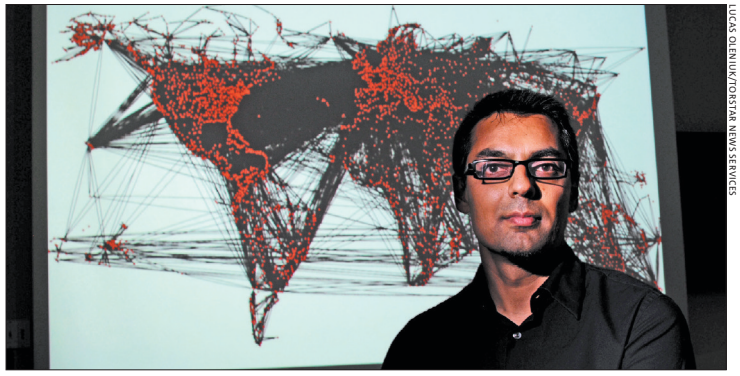
'Car-surfing' sends man to hospital
A man "car-surfing" on the roof of a moving SUV lost his balance and fell, Montreal police say. He is in critical condition. METRO NEWS SERVICES



LUCAS OLENIUK/TORSTAR NEWS SERVICES

Dr. Kamran Khan stands in front a diagram of international flight travel paths at St. Michael's Hospital in Toronto.

H1N1 flu's flight path

Canadian study finds virus followed airline routes

The new strain of influenza A (H1N1), also known as swine flu, followed the airline route map as it spread around the globe, says a new report.

The flu went where passengers went — mainly to the United States and Canada.

Dr. Kamran Khan of St. Michael's Hospital in Toronto and colleagues used International Air Transport Association data for their study.

"For the first time, we can quickly integrate information about worldwide air traffic patterns with information about global infectious disease threats," Khan said. "What this means is that cities and countries around the world can now respond to news of a threat earlier and more intelligently than ever before."

"This ... provides the world with a potent early warning system for emerging infectious diseases."
Dr. Michael Gardam

Khan and colleagues wrote in the New England Journal of Medicine: "Our analysis showed that in March and April 2008, a total of 2.35 million passengers flew from Mexico to 1,018 cities in 164 countries,"

Dr. Michael Gardam of the Ontario Agency for Health Protection and Promotion said: "This work provides the world with a potent early warning system for emerging infectious diseases."

The World Health Organization has confirmed 70,893 cases of the new swine flu pandemic, with 311 deaths.

REUTERS

New trial disgusts family

KRISTA SYLVESTER
Metro Canada

COURT Calgary family members say they are disgusted after receiving word the woman convicted of second-degree murder in the death of 17-year-old Gage Prevost has been granted a new trial.

Natalie Pasqua, 28, was originally sentenced to life in prison with no chance of parole for 12 years.

The province's top court yesterday cited "prejudicial and incorrect" proceedings during the first trial.

When Metro contacted the Prevost family, Karen Prevost, the victim's aunt, said the family hadn't yet been told of the decision.

"The fact myself or my family was unaware of this and the media is, shows another example of the justice system completely ignoring us as victims," she said.

"The murder of Gage has been excruciating for my family to this day and the trial was a small part for us to feel some justice."

The victim was allegedly pushed in front of an incoming train at a 8th St. SW location on Aug. 1, 2007, by Pasqua over a small drug debt.

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Globe, union extend talks

The union representing workers at the Globe and Mail has agreed with the paper to sit down with a mediator to try to hammer out a new contract and avoid a strike, the union said yesterday. REUTERS

Teen named top texter

Beats out 11 other contestants to win the LG Texting Championships

OMG. "Where is she?" asks Michelle Spence, 17, as she screeches to a standstill inside the south entrance of Toronto's Yonge-Dundas Square, accompanied by one very anxious-looking mother.

Actually, she's not hard to miss: she's the 16-year-old Scarborough girl holding the gigantic novelty cheque for $25,000, being swarmed by TV cameras, posed by photographers, and dragged around by event organizers. She's also Michelle's younger sister.

"Oh, there she is," Michelle says, before pulling her mother along. But they still can't get near the victor.

Then Michelle's phone rings.

"That would be grandma," she says. "Grandma, she won 25 thousand dollars. I'm not lying."

Kathy Spence, who first entered this contest on a whim at a Toronto-area mall, yesterday beat out 11 teenaged texters from across the country to win the LG Texting Championships.

Spence was an unlikely champion.

"I'm amazed," she said from the stage, when the giant novelty cheque was flipped around to reveal her name.

Unlike the other contestants, who were drawn from regional competitions, Spence did not bound confidently onto the stage slapping the audience's hands.

Nor did she hurl crowd-pleasing, text-based insults, like Laval, Q.C.'s Charles Tran, who declared that, "My grandma texts faster than you."

Most importantly, unlike the other 11 texters — who had been practising up until the last minute — Spence does not have a cellphone.

It was stolen six months ago in a McDonalds.

She did not replace it.

"I'm now going to get a phone," she said, bursting into laughter.

TORSTAR NEWS SERVICE

LG Championship

- Contestants had to text lengthy, complex messages as fast and as accurately as possible. The final round's message included the famous nonsensical term from Mary Poppins, but backwards: "Of course you can say it backwards, which is Suoicodilaipxecitsiligarfilacrepus!"

Grits on rebound: Director

POLITICS Federal Liberals, with newly doubled membership numbers, have raised almost as much in the first half of this year as they did in all of 2008, according to the party's national director, Rocco Rossi.

Almost $5 million has flowed into Liberal coffers since January, when Michael Ignatieff assumed the leadership after the departure of Stéphane Dion.

As well, Rossi said, membership has swelled to 90,000.

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Comment

Something to celebrate on Canada Day

With all the problems on this continent, what a nice diversion it is on Canada Day and the Fourth of July to have Iran to kick around.

Instead of the recession, the collapse of the auto sector, the wreckage in corporate America, we feast on the question of who won the Iranian election.

This type of digression is much in keeping with the Americans' way. They focus on a country with larger problems than their own and portray that country as representing danger at the door. It's called threat inflation. George W. Bush did it with Iraq. Created a bogus threat, started a major war. Bill Clinton bombed Baghdad in the very week he faced impeachment hearings over a sex scandal. Ronald Reagan took out Grenada when he faced a crisis. Lyndon Johnson hugely overstated the domino theory to promote the war in Vietnam. Before him there was the ludicrous concoction known as McCarthyism.

In Iran, we don't know who won the election. There is little doubt there was much voter fraud, but advance polls had Mahmoud Ahmadinejad far in front. He may well have won despite the fraud. But who can blame the opposition, urged on by surging support from abroad, from taking to the streets to challenge the verdict. The Mir Hossein Mousavi-led opposition, by the way, has a nuclear policy similar to Ahmadinejad's. But that is seldom mentioned.

The difference this time, and for this we in Canada can be grateful — is there is a cool head in the White House. Barack Obama operates from a global perspective instead of the narrow nationalist one of his predecessor. He recognizes the historic offences perpetrated against Iran by Western powers, one example being the CIA-sponsored overthrow of the Iranian government in 1953. He speaks out against the clampdown against democratic rights in Tehran, as he should, but his overall thrust is to mend fences with the Islamic world as opposed to driving wedges. His approach is like Mikhail Gorbachev's was with the West in ending the Cold War.

From the Canadian perspective it has been a tough year. The recession will dampen Canada Day celebrations. But there is the larger picture to look at. The world is more important than our own backyard and we now have a world leader who is fair-minded and enlightened. He's a multilateralist, not a unilateralist. He favours conciliation over confrontation. He pursues a national health-care system and nuclear disarmament. He is standing up to climate change deniers.

He is, in sum, a president who is steeped in traditional moderate Canadian values. On the American national holiday and on our own, it is something to celebrate.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Word on the street: What does it mean to be Canadian?

Thomas Musie
age 23, Ottawa

A: Independence. I'm from Kenya and I really see Canada as a humble and peaceful country.

Danielle Miller
age 20, Winnipeg

A: I'm happy to live in a place that works to keep culture alive ... that comes together in this country's mosaic.

Chris Blanchard
age 26, Ottawa

A: My complete rights and freedoms that I have here. We should be thankful every day to be living in the Western world.

Zahra Jimale
age 31, Vancouver

A: I'm not one ethnicity. I've got lots of ethnicities within me so when people ask me what are you or who are you, saying Canadian defines all of that.

Bjorn Carr
age 28, Halifax

A: The acceptance of every different culture. People are very involved in society and helping people with disabilities.

Bob McDonald
age 40, Calgary

A: We are surrounded by people of all races, walks of life and incomes and we manage to get along.

MICHAEL DE ADDER

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Russian gays ready to protest during Obama visit

Gay rights activists in Moscow plan to ignore a ban and rally in favour of same-sex marriages when U.S. President Barack Obama visits next week, one of their leaders said yesterday. Russia decriminalized homosexuality in 1993 but tolerance is not widespread and Moscow's authorities often ban protests in support of gay rights. REUTERS

World

Race-based promotions ruling overturned

The U.S. Supreme Court ruled yesterday that New Haven, Connecticut, discriminated against a mostly white group of firefighters who were denied promotions, overturning a decision by high court nominee Sonia Sotomayor, left. At issue in the case was whether a city can, as New Haven did, throw out the results of a firefighter promotion exam after it yielded too many qualified white applicants and no acceptable black candidates. The high court ruled it cannot. REUTERS

News in brief

CRIME Child pornography was downloaded from a Swiss hip-hop music website to around 2,300 computers in 78 countries, Swiss police said yesterday. A police spokesman said videos of minors engaged in sexual acts were hidden in a Swiss site where the principal content was "perfectly legal."

FERTILITY Two new techniques to preserve and transplant ovaries might give women a better chance to fight their biological clocks and have children when they are older, doctors announced yesterday. Recent advances could make the procedure more widely available, helping women avoid fertility problems as they age. Many women are now delaying having a family until their 30s or 40s, when fertility problems become more common. Women in their 20s or 30s could theoretically have an ovary removed and frozen, and then have it reimplanted years later when they are ready to have children. REUTERS

Coup denounced

Honduras came under pressure yesterday to reinstate ousted President Manuel Zelaya as many Latin American leaders agreed to withdraw envoys, Washington said the ouster was illegal and protesters took to the streets.

Police in the Honduran capital fired tear gas at stone-throwing supporters of Zelaya, who was toppled in an army coup on Sunday. They arrested about two dozen people.

Zelaya, a leftist, was detained and sent into exile Sunday in a dispute over his push to extend presidential terms. The coup is Central America's biggest political crisis in decades.

Left-wing Latin American leaders led by Venezuelan President Hugo Chavez announced that they would withdraw their ambassadors from Honduras in protest at the coup.

In Washington, U.S. President Barack Obama said it would be a "terrible precedent" to move back into an era of military coups, and added the ouster was "not legal."

Zelaya said he will travel back to Honduras Thursday, in defiance of the coup. Speaking in Nicaragua, Zelaya said Organization of American States chief Jose Miguel Insulza had offered to accompany him to Honduras. REUTERS

OSWALDO RIVAS/REUTERS

A supporter of Honduras' President Manuel Zelaya sings the national anthem outside the presidential house yesterday.

Iran declares case closed

IranCrisis

ELECTION Iran confirmed Mahmoud Ahmadinejad as president and said controversy over his June 12 re-election was over, leaving opponents who cried foul with few options.

Iran's top legislative body, the Guardian Council, said a partial recount yesterday had disproved complaints of irregularities by pro-reform opponents, who said the count was inadequate and that only annulling the election would do.

Riot police beefed up their presence in the capital Tehran but there were no signs of major unrest late on Monday, in contrast to protests that erupted when Ahmadinejad was first declared victor of the election.

The election and its turbulent aftermath have exposed splits in Iran's political establishment and plunged Iran into the country's deepest crisis since the 1979 Islamic Revolution. REUTERS

Probe

- Iranian President Mahmoud Ahmadinejad has called for a judicial probe into the "suspicious" death of a young woman, Neda Agha-Soltan, who has become an icon of opposition protests against a disputed election which he officially won.

He accused foreign media of using the case for propaganda purposes. Neda, a 26-year-old music student, was shot on June 20. Footage of her death has been watched by thousands on the Internet.

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Russia begins large-scale war games
Russia launched military exercises involving thousands of troops yesterday which Georgia said would violate its territory. REUTERS

Crime on Facebook

Popularity of site attracting more cyber criminals

Cybercrime is rapidly spreading on Facebook as fraudsters prey on users who think the world's top social networking site is a safe haven on the Internet.

Cybercrime, which costs U.S. companies and individuals billions of dollars a year, is spreading fast on Facebook because scams target and exploit those naive to the dark side of social networking, security experts say.

While News Corp.'s MySpace was the most popular hangout for cyber criminals two years ago, experts say hackers are now entrenched on Facebook, whose membership has soared from 120 million in December to more than 200 million today.

"Facebook is the social network du jour. Attackers go where the people go. Always," said Mary Landesman, a senior researcher at Web security company ScanSafe.

"Facebook is the social network du jour. Attackers go where the people go. Always."
Mary Landesman, researcher at ScanSafe.

Scammers break into accounts posing as friends of users, sending spam that directs them to websites that steal personal information and spread viruses. Hackers tend to take control of infected PCs for identity theft, spamming and other mischief.

Facebook manages security from its central headquarters in Palo Alto, Calif., screening out much of the spam and malicious software targeting its users.

That should make it a safer place to surf than the broader Internet, but criminals are relentless and some break through Facebook's considerable filter.

A spokesman for Facebook said that when criminal activity is detected on one account, the site quickly looks for similar patterns in others and either deletes bad emails or resets passwords to compromised accounts. Facebook is hiring a fraud investigator and a fraud analyst, according to the careers section of its website.

REUTERS

China **Massive train collision**

REUTERS/STRINGER

Rescuers work at the site where two trains collided at Chenzhou railway station in Chenzhou, Hunan province yesterday. The passenger trains collided in central China during the morning, leaving at least three people dead and 60 injured, Xinhua News Agency reported.

Thousands to lose jobs if Russia closes gambling halls

CASINOS Russia's plan to close gaming halls, from gaudy casinos crowned by extravagant neon structures to dingy dwellings containing a handful of slot machines, could turf a third of a million people out of work this week.

From July 1, the government plans to replace the casinos and gambling halls with Las Vegas-style gaming zones in four rarely visited regions considered in need of investment, including one near the North Korea border.

Prime Minister Vladimir Putin came up with the idea in 2006 when he was president after the Interior Ministry linked several gaming operations in Moscow to a Georgian criminal organization.

The development zones require investment of $23 billion and have not been built.

The Russian capital has around 550 places where you can gamble, including 30 casinos that have become synonymous with Moscow's love of excess and occupy prime spots across the city.

Critics of the government plan, which will cover Russia's 11 time zones, say it is doomed by a lack of investment.

REUTERS

News in brief

H1N1 Argentine Health Minister Graciela Ocana resigned yesterday amid an outbreak of influenza A (H1N1), also known as swine flu, that has killed 26 people in the country, several television stations reported. Speculation had grown that Ocana was unhappy in the job and it was reported other cabinet ministers had blocked her measures to combat the outbreak.

KABUL The police chief for Afghanistan's southern province of Kandahar, a Taliban stronghold, and eight other officers were killed in a clash with U.S.-trained Afghan security guards yesterday, government officials said. According to Afghan President Hamid Karzai, the guards were employed by the U.S.-led coalition.

REUTERS

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Obama inspires most confidence worldwide: Poll

U.S. President Barack Obama inspires the most confidence of any world leader, according to a global poll released yesterday, with Iranian President Mahmoud Ahmadinejad and Russian Prime Minister Vladimir Putin earning the lowest marks. REUTERS

Flu victims were young: Doctors

H1N1 flu patients in Mexico were young and many were healthy before developing severe infections, doctors reported yesterday.

The first detailed studies of the outbreak of a new strain of influenza A (H1N1), also called swine flu, show the epidemic in Mexico resembled the early stages of other pandemics, and showed there is no way yet to predict who will become severely ill from the virus.

The World Health Organization has confirmed 70,893 cases in the new pandemic, with 311 deaths. However, U.S. health officials last week said there were likely at least a million cases there alone. Iraq, Lithuania, Monaco and Nepal all confirmed their first cases Monday.

Dr. Rogelio Perez-Padilla of the National Institute of Respiratory Diseases in Mexico City and colleagues studied 18 cases in March and April, more than half of them aged 13 to 47. Only eight had pre-existing medical conditions that might worsen their infection, they wrote — including high blood pressure, diabetes, asthma and sleep apnea. Seven died — all of multiple organ failure.

The doctors said 90 per cent of the seriously ill patients were under 50 — in contrast to seasonal influenza, which causes mostly mild illness in people under the age of 65.

"Most of our patients were young to middle-aged and had previously been healthy," they wrote in their report, published in the New England Journal of Medicine. REUTERS

Flu Outbreak

Drug resistance

- Oseltamivir, sold by Roche AG under the brand name Tamiflu, can treat influenza, although Denmark reported the first case on Monday of swine flu resisting the drug's effects.

Afghanistan Election rally

SHAMIL ZHUMATOV / REUTERS

Women attend an election campaign rally for Afghan presidential candidate Ashraf Ghani Ahmadzai in Kabul yesterday. On Sunday, Ghani identified women voters, long overlooked during harsh years of Taliban rule, as a key bloc in Aug. 20 elections, and said he would create a team to promote female literacy and found a women-only university.

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Iraq celebrates as U.S. troops ready to leave

BAGHDAD U.S. combat troops prepared to leave the last of Iraq's cities today, a move hailed by authorities as restoring sovereignty and applauded by Iraqis even as they voice fears it may leave them more vulnerable.

By midnight tonight, all U.S. combat units must have withdawn from Iraq's urban centres and redeployed to bases outside, according to a bilateral security pact that also requires all U.S. troops to leave Iraq by the end of 2011.

The last U.S. combat troops left central Baghdad yesterday, withdrawing to two large bases near the capital's airport, and withdrawals from other cities were underway. Some troops tasked with training and advising Iraqi forces will stay behind.

Pentagon spokesman Bryan Whitman said the United States had closed or returned to local control 120 bases and facilities in Iraq, and they were scheduled to turn over or shutter another 30 by the end of today. Iraqi Prime Minister Nuri al-Maliki has called the withdrawal a "victory" and compared it to rebellions by Iraqi tribes against the former British empire in 1920. Many Iraqis see it as restoring their pride six years after the U.S.-led invasion to oust Saddam Hussein turned into a multi-year foreign occupation. REUTERS

National holiday

- The Iraqi government is planning banner celebrations for June 30, which Maliki has declared National Sovereignty Day, a public holiday.

In U.S. scandals, wives don't stand by their men

WOMEN Standing by your man suddenly seems to be going out of fashion for some U.S. women in the public eye.

This month, the wives of at least two famous men caught cheating — sexually and financially — very openly declared that their spouses' behaviour was actually quite scandalous.

Jenny Sanford

Ruth Madoff, reacting to her husband, Bernard, being sentenced to 150 years in prison for bilking investors with a massive Ponzi scheme, said she felt "embarrassed," "ashamed" and "betrayed" by a man she had known for half a century. "The man who committed this horrible fraud is not the man whom I have known for all these years," she said shortly after her husband's sentencing yesterday.

Last week, after South Carolina Governor Mark Sanford tearfully admitted to an affair with a woman in Argentina, his wife, Jenny, who was not by his side at his public confession, left little doubt about her feelings. "His career is not a concern of mine," she told reporters at a vacation home. "He's going to have to worry about that. I'm worried about my family and the character of my children." REUTERS

News in brief

9-11 The U.S. Supreme Court yesterday let stand a ruling that Saudi Arabia, four of its princes and other Saudi entities cannot be held liable for the Sept. 11, 2001 attacks in the United States. The justices refused to review the ruling by a U.S. appeals court in New York that the Saudi defendants were protected by sovereign immunity in the lawsuit brought by victims of the attacks and their families. They argued that because the defendants gave money to Muslim charities that in turn gave money to al-Qaida, they should be held responsible for helping to finance the attacks.

IRAQ A car bomb killed 10 Iraqis including six policemen near the volatile northern city of Mosul yesterday, police said. The car bomb was discovered yesterday at a parking lot in the mostly Christian town of Hamdaniya. Two bombings in Baghdad and near the northern city of Kirkuk in recent days killed more than 150 people between them. REUTERS

Jobs back at Apple after liver transplant

Apple Inc. chief executive Steve Jobs is back to work following a near six-month medical leave, the company said yesterday. Jobs announced in January he was taking a temporary leave of absence. Last week, it was reported that Jobs had had a liver transplant during his absence. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tim Hortons to register as a Canada-based firm

COFFEE Tim Hortons Inc., the coffee chain with an image as Canadian as hockey and maple syrup, said yesterday it plans to register as a Canadian company.

The company said it has filed a plan with the U.S. Securities and Exchange Commission to become a subsidiary of a firm incorporated in Canada. Tim Hortons is currently the subsidiary of a U.S. firm, after being spun off by former owner Wendy's International in 2006.

The company said the move would boost the company's position to take advantage of lower Canadian tax rates commencing in the year after the change is made.

CBC NEWS ONLINE

Brewed patriot love

- The company's management said it earns the "substantial majority" of its income in Canada.
- This may owe to the fact that the coffee chain has 2,930 outlets in Canada and 527 in the United States.

Signs of life in green sector

Canada's alternative energy sector is showing signs of a budding recovery, as companies resurrect financing deals and public offerings that withered with the recession, but the revival remains fragile.

"It's the first green shoots appearing in the green energy area."
Duncan Stewart, DSAM Consulting

In recent weeks, companies ranging from water treatment firm GLV Inc. to green building products maker Genesis Worldwide Inc. have raised millions of dollars in share and debenture offerings.

Geothermal firm Magma Energy Corp. just raised $100 million in a warmly received initial public offering and electric car maker Zenn Motor Co. Inc. has filed a preliminary prospectus to sell shares.

"It's the first green shoots appearing in the green energy area," said Duncan Stewart, analyst at DSAM Consulting.

"If you compare buying a cleantech stock to a computer, (investors) put it in a sleep mode. Now that they've turned the market back on, the first thing that pops up on their screen is: Note to self — Go buy some cleantech stocks."

The activity marks a thaw from the investment freeze that slammed cleantech firms — which sell technology that boosts productivity while cutting costs and energy consumption — when the credit crisis took hold.

Two months into 2009, for example, cleantech companies listed on the Toronto Stock Exchange and TSX Venture Exchange had raised just $4.7 million in financing deals.

That grew to $125 million by the end of April and then jumped another 22 per cent to $152.6 million at the end of May, according to the latest TSX data.

As of May 31, four such companies had completed public offerings in 2009, bringing sector listings to 117 on the Toronto exchanges. REUTERS

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From the periodic table to your TV set

SCIENCE 10 unusual metals used frequently in day-to-day electronics:

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EUROPIUM — In high demand, it's used to add red hues to computer monitors and light bulbs.

TERBIUM — Makes the green hue in computers and plasma televisions.

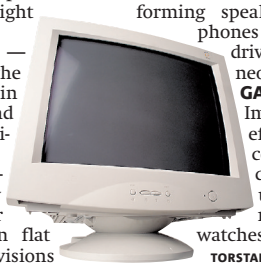
YTTRIUM — Used mainly in the colour phosphors in flat screen televisions and cellphones.

INDIUM and TIN — Needed to make the thin film coating in flat panel TVs, LCD computer screens and solar panels.

DYSPROSIUM, SAMARIUM and TERBIUM — These silvery-white metals are used to make iPods, as well as other high-performing speakers, headphones or buds driven by tiny neo-magnets.

GALLIUM — Improves the efficiency of computer chips; also used to make wristwatches.

TORSTAR NEWS SERVICE



London Unemployment plan

NIGEL RODDIS / REUTERS

Britain's secretary of state for work and pensions, Yvette Cooper, speaks at the launch of Building Britain's Future in London yesterday as Prime Minister Gordon Brown, left, and Home Secretary Alan Johnson, right, look on. The prime minister set out plans to tackle youth unemployment yesterday for the final few months before an election that could end Labour's long grip on power.

Business in brief

REPORT Businesses' reluctance to invest and diminishing household wealth will dampen spending further, dragging down the overall economy, the Geneva-based Bank for International Settlements said. "Such declines in household wealth, particularly housing assets, are likely to constrain consumption for some time," the BIS said in its annual report, which was published yesterday.

CABLE The U.S. Supreme Court said yesterday it rejected an appeal by film studios and television networks of a ruling allowing a new digital video recorder service by cable operator Cablevision Systems Corp. The justices refused to review an earlier ruling that Cablevision's proposed new service would not directly infringe the copyrights of the companies that produce movies and TV shows. REUTERS

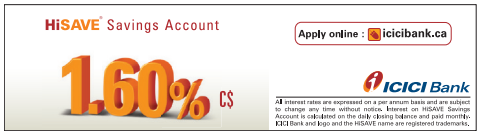
Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.0%	0.75%	1.05%	1.6%	1.35%	0.75%	0.75%	1.6%	1.0%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



To save, just stay put

The 'secret' to financial success is a no-brainer

AlisonOnMoney

People often ask me for my secret to financial success. Some ideas come to mind: A hot market tip, a lottery win or a massive inheritance.

Dream on! If there is a single secret it is this — buy a home and stay there.

But I am seeing a trend towards the short-term home purchase — the plan being to stay for a couple of years, turn a profit and move up. Wrongo!

Obviously, some are forced to relocate for employment or other reasons, but moving as a choice is a big impediment to the goal of a mortgage-free home, preferably within 25 years of purchase.

Let's just talk about the cost of moving. It is incredibly expensive to bid your nest adieu and move to a new one.

From real estate and legal fees to decorating, repairing or updating both the sale home and the new one, the money mounts up. Then there are moving costs, GST on new homes, utility hookups and, increasingly, land transfer taxes.

Depending on the cost and the condition of both houses, moving within a city can total $15,000 to $35,000 and more. Typically, purchase costs get added to the mortgage so it's easy to minimize the sum in your mind.

Frequently lenders encourage buyers to apply for a home equity line of credit to pay for the "soft" costs of redecorating and purchasing new appliances. And often home buyers extend their amortization in order to keep monthly payments the same.

Such a strategy may make you feel more comfortable but the real result is reduced equity in the home, more interest paid over the amortization period and a longer road to reach the mortgage-free dream.

Try to think about a home as you would a lifetime mate.

Falling in love for life, whether with a house or a human, pays off financially and emotionally over time. Even if you must wait to buy that "for-life" home, staying put is the secret to financial success.

Alison's Money Rule:

- The real secret to financial success, a secure future and a debt-free retirement lies in the roof over your head.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Should I trust an Income Trust?

MoneyMatters

Q Recently, I inherited several thousand dollars. Income Trusts appear to give very high yields without risking my capital. Are these good investments? — Richard

A Equity investors in the past 10 years have received generous returns, that is until fall of 2008. Since then, many have reduced, repositioned or completely abandoned the stock market. Memorize this: "Investing is risky." If you do not have the stomach for any risk, get out of the market.

Income Trusts (Income Funds) were created for investors to receive distributions on a tax-efficient basis. There are four main types:

- Business Trusts
- REITs
- Utility Trusts and
- Resource Trusts

Yields vary from five to over 20 per cent. Of course, the greater the yield, the greater the risk.

In 2006, Finance Minister Jim Flaherty announced all Income Trusts (except Real Estate Investment Trusts), starting in 2011, will be subject to corporate tax. It evens the playing field between taxed corporations and non-taxed Income Trusts. As a result, our government coffers get filled and investors receive less.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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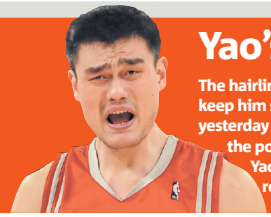
(1) Includes international text and picture messages. Excludes premium messages. (2) Unlimited local calling from 7pm to 8am, Monday through Thursday and from 7pm Friday to 8am Monday. (3) Taxes are extra. Mobile phone not included in plan.

U.S. Supreme Court to hear NFL case

The U.S. Supreme Court said yesterday it would decide whether the National Football League should be treated as a single entity under federal antitrust law in a dispute over an exclusive licence to make caps and other headgear. REUTERS

Sports



Yao's career may be over

The hairline fracture in Houston Rockets centre Yao Ming's left foot could reportedly keep him sidelined next season and may be career-threatening. The Houston Chronicle yesterday quoted Rockets team physician Tom Clanton: "At this point, the injury has the potential for him missing this next season and could be career threatening." Yao will receive several more opinions regarding the various options recommended to repair the bone. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Murray wins a thriller

A new layer of mystique was added to Wimbledon's unique charm yesterday when Andy Murray survived a five-set sweat-fest against Stanislas Wawrinka under Centre Court's new roof and long after darkness had descended.

The multi-million pound canopy had been redundant for the first week of the championships, but after it made its competitive debut to allow Dinara Safina to overcome Amelie Mauresmo earlier in the day it provided the perfect backdrop for the tournament's best match so far.

Thousands remained transfixed to the giant screen on Henman Hill to join the 15,000 fans perched on the edge of their padded seats inside the stunning arena.

They roared Murray to a 2-6 6-3 6-3 5-7 6-3 victory against the inspired Swiss 19th seed who, at times, seemed touched by the magic of his more illustrious compatriot Roger Federer.

Murray's late night drama trumped a dazzling day which saw five-times champion Federer, women's holder Venus Williams and sister Serena ease into the last eight.

Second seed Serena, beaten in last year's final by Venus, thrashed Slovakia's Daniela Hantuchova 6-3 6-1 while Venus was required to play just eight games to get past sobbing Serb Ana Ivanovic, who quit with a thigh injury after little more than half an hour on Court One.

Federer began the Centre Court programme with temperatures soaring to 31 degrees Celsius but retained his customary cool to beat Sweden's Robin Soderling, the man he overcome to claim a French Open title this month. REUTERS

JULIAN FINNEY/GETTY IMAGES

Andy Murray reacts during his match against Stanislas Wawrinka yesterday at Wimbledon.

Nestor advances

- In men's doubles action yesterday, Toronto's Daniel Nestor and Serbian partner Nenad Zimonjic eliminated Jonathan Marray and Jamie Delgado of Britain to advance to the quarter-finals against Lukasz Kubot and Oliver Marach.

Sports in brief

BASEBALL Jeff Niemann outdueled a returning Roy Halladay in the Tampa Bay Rays' 4-1 win over the Toronto Blue Jays in the opener of a three-game set at the Rogers Centre yesterday. Niemann (7-4) gave up one run on four hits over 7⅓ innings, while Halladay (10-2), back from a groin injury that landed him on the disabled list, made just one mistake in his six innings of work, surrendering a two-run homer to Carl Crawford.

SOCCER Manchester City are believed to have made a $47-million offer for Barcelona star Samuel Eto'o and are reportedly willing to pay him a staggering $415,000-a- week wage. Barcelona president Joan Laporta had revealed at the weekend that City had made a "stratospheric offer" for the 28-year-old although Eto'o's agent, Josep Maria Mesalles, insists his client wants to stay.

HOCKEY The Pittsburgh Penguins agreed to terms on a one-year contract with unrestricted free agent forward Bill Guerin yesterday. Guerin came to the Pens from the New York Islanders in a trade-deadline deal on March 4, and picked up 12 points in 17 regular-season games, adding seven goals and 15 points in 24 playoff contests for the Stanley Cup champions. METRO NEWS SERVICES

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"A great lawyer. My family has been using Norma for years."

Luigi Savone
"Luigi made sure the purchase of our new house went through without any problems. Thanks!"

Guertin Law
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Quality and timelessness are found in structures built with brick and stone. But after years in this harsh Canadian climate, masonry needs a little refurbishing due to weathering.

Grey Cup leaders
The Toronto Argonauts were founded in 1873 and are one of the oldest professional sports franchises in North America. The team has won 15 Grey Cups in its history, the most of any team. METRO NEWS SERVICES

CFL Preview

History

The Canadian Football League was officially founded in 1958, but can trace its roots to the 1860s when rugby football started being played in Canada.
METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Toronto Argonauts

LAST SEASON 4-14.
KEY ADDITION OL Rob Murphy.
SIGNIFICANT LOSS DB Byron Parker.
THE BOTTOM LINE It shouldn't get much worse for the Argonauts, who are coming off a dismal campaign. Head coach Bart Andrus, new to the CFL but with an extensive NFL and NFL Europe background, will look to right the ship.
THE BIG QUESTION Can veteran QB Kerry Joseph get back to the game-changing form he showed in 2007, when he was named CFL most outstanding player?

Hamilton Tiger-Cats

LAST SEASON 3-15.
KEY ADDITIONS QB Kevin Glenn, OL Dan Goodspeed, OL Alex Gauthier.
SIGNIFICANT LOSSES RB Jesse Lumsden, QB Casey Printers.
THE BOTTOM LINE The Ticats have a new look after finishing last for four straight seasons. QB Quinton Porter oozes potential and he'll need to fulfil it if the Ticats are to claw their way out of the basement.
THE BIG QUESTION With former Indianapolis Colts RB Kenton Keith out indefinitely with a knee injury, will Hamilton have the running game to succeed?

Winnipeg Blue Bombers

LAST SEASON 8-10.
KEY ADDITIONS QB Stefan LeFors, DE Fred Perry.
SIGNIFICANT LOSSES SB Milt Stegall, QB Kevin Glenn, OL Alex Gauthier.
THE BOTTOM LINE New head coach Mike Kelly has overhauled the roster, making more than 30 significant changes, including the acquisition of Eskimos third-string QB Stefan LeFors to replace the released Kevin Glenn.
THE BIG QUESTION With so many new faces, the Bombers may need some time to find their way. How long will it take for Kelly and Co. to carve out their identity?

Saskatchewan Roughriders

LAST SEASON 12-6.
KEY ADDITION WR Jason Clermont.
SIGNIFICANT LOSSES LB Kitwana Jones, LB Maurice Lloyd.
THE BOTTOM LINE The Roughriders started 6-0 last season after winning the 2007 Grey Cup, but injuries and rotating quarterbacks eventually caught up with them. With a couple of key linebackers gone, they'll look to bounce back.
THE BIG QUESTION QB Dariun Durant is stepping into the spotlight as a starter for the first time in his CFL career. Will he give the Roughriders the stability they need?

Edmonton Eskimos

LAST SEASON 10-8
KEY ADDITIONS RB Jesse Lumsden, LB Maurice Lloyd, DE Kitwana Jones, head coach Richie Hall.
SIGNIFICANT LOSSES WR Jason Tucker, WR Kelly Campbell, DB Shannon Garrett, DE Fred Perry.
THE BOTTOM LINE What the Eskimos need more than anything is to establish a running game after trailing the CFL in 2008 with an averaging of 82.5 yards per game.
THE BIG QUESTION How will an offensive line that will begin the season without retired Dan Comiskey and injured centre John Comiskey hold up in front of Ricky Ray, Jason Maas and Lumsden?

B.C. Lions

LAST SEASON 11-7
KEY ADDITIONS LB Anton McKenzie and DE Nautyn McKay-Loescher
SIGNIFICANT LOSSES DE Cameron Wake, LT Rob Murphy, RB Stefan Logan, SB Jason Clermont, RB Charles Roberts, LB Otis Floyd and LB Jamall Johnson.
THE BOTTOM LINE The winds of change are blowing through the Lions den with a number of last year's key starters gone.
THE BIG QUESTION Will the Lions truly be able to forget about two-time Most Outstanding Defensive Player Cameron Wake? GM and coach Wally Buono says the Lions will go with a committee approach when making up for Wake's 23 sacks, citing Ricky Foley and Gary Butler as linemen that have impressed. METRO CANADA

ROBIN KUNISKI/FOR METRO CANADA
Quarterback Henry Burris hopes to lead the Calgary Stampeders to their second straight Grey Cup title.

Stamps favoured to repeat

DAN TOTH
for Metro Canada

The Calgary Stampeders proved they were the thoroughbreds of the Canadian Football League last year, capping a sensational 13-5 regular season with their first Grey Cup title since 2001. Now it seems the Stamps have the inside track to become the first CFL team since the 1997 Toronto Argos to successfully defend their title.

The key piece of the puzzle is quarterback Henry Burris, the Grey Cup MVP who has signed a four-year contract extension to stay in Calgary through 2012.

"Henry has proven that he's an elite quarterback in this league and a vital part of our football team," said head coach/general manager John Hufnagel. "We're ecstatic to know he'll be here for years to come."

Burris, 34, last season set career highs in passing yards (5,094), touchdown passes (39), completion percentage (64.5) and quarterback rating (103.8) while establishing his position as the CFL's top passer.

"This is the only team I can imagine playing for and I love the direction we're heading," said Burris. "I look forward to building on 2008. We all have great ambitions for the future."

The immediate future could include another Grey Cup ring. The Stampeders have 19 of their 24 starters from last November's championship game back on the roster as they prepare to kickoff the 2009 CFL season. They open their schedule by hosting a Grey Cup rematch against the Montreal Alouettes tomorrow at McMahon Stadium.

The problem is Calgary has been ravaged by injuries during training camp and could enter the season without defensive backs J.R. Ruffin and Brandon Smith in addition to playing without receivers Ken-Yon Rambo, Ryan Thelwell and Jabari Arthur. Offensive linemen Jeff Pilon and Jesse Newman also have nagging injuries.

The Stamps host the 2009 Grey Cup game Nov. 29 and are challenging to be the first team since the 1994 B.C. Lions to capture the CFL title at home. Entering the season as favourites to play in the hometown Grey Cup comes with its own challenges, but the players are dismissing the pressure.

"The fact that we won last year means we're focused on the R-word (repeat) but every year your goal is to win the championship," said Randy Chevrier.

"Nobody comes into the season saying this year we're playing for second place. Every year it's the same motivation. The game's there and that's our goal, but that's everybody's goal."

Alouettes good, but may not take the next step

MONTREAL Since 2000, the Montreal Alouettes have made six appearances in the Grey Cup Championship Game, but five times the club was sent away empty handed. Last season, the club finished 11-7 during the regular season, the only Eastern Division team to post a winning record. The Alouettes reached the title tilt only to be defeated by Calgary in a 22-14 final.

So what does the 2009 season have in store for Marc Trestman's squad? Well, there aren't many new faces in the fold, but some consider that to be a good thing. After all, there is enough talent on the roster to put the team back in the championship race.

Of course, it all starts with veteran quarterback Anthony Calvillo, who completed 69.2 percent of his passes in 2008 for 5,633 yards with 43 touchdowns and only 13 interceptions. He is thrilled to have Jamal Richardson back in the fold, as the talented receiver tallied 98 receptions for 1,287 yards and 16 touchdowns a year ago. Some thought Richardson might be playing in the NFL this season, but his return to the Alouettes cements them as a serious Grey Cup contender.

There are other dangerous weapons on the offensive side of the football, such as tailback Avon Coburne and wideout Ben Cahoon. Coburne rushed for 950 yards and six touchdowns on only 145 carries a year ago, and he also caught 66 passes for 616 yards and two more scores. As for Cahoon, he had a team-high 107 receptions for 1,231 yards and seven scores, proving more than capable of moving the chains with clutch catches.

Montreal did a good job of locking up Anwar Stewart and Mark Estelle, rather than allowing those players to find new homes. T.J. Hill led the club with 84 tackles last season, while Keron Williams posted 10 sacks. This is not an elite defence, but there is obviously enough talent in place to complement the explosive offence.

What can be expected by fans is another successful season, a first-place finish in the East and a likely return to the Grey Cup title game. Still, expect the team to come up just short once again.

METRO NEWS SERVICES

Grey Cup trivia
In 1909, Earl Grey, Governor General of Canada, donated the Grey Cup for the Rugby Football Championship of Canada. The Grey Cup championship game was first televised nationally in 1957. The trophy, along with the NHL's Stanley Cup, is one of the few in professional sports to be reissued each year instead of replaced. METRO NEWS SERVICES

CFL Preview

Fate of Ottawa team in politicians' hands

MIKE BEASLEY
for Metro Ottawa

If you're looking to read about any updates regarding the progress of Ottawa's CFL franchise check out the local news section of the city's newspapers before flipping to the sports pages.

The whole question of whether a team will ever hit the field is in the hands of the City of Ottawa and its municipal politicians.

The issue of whether Frank Clair Stadium and Landsdowne Park, the proposed home of the new franchise is at the root of a debate between city council and four Ottawa businessman who have led the charge to get the CFL back in the city.

On March 25, 2008, four local investors, led by Ottawa 67's owner Jeff Hunt, were awarded a conditional franchise after paying a $7-million fee to bring the CFL back to eastern Ontario.

The team would play at a redeveloped Frank Clair Stadium as part of a proposed overhaul of the property called Landsdowne Live as submitted by Hunt and his team.

When the conditional franchise was awarded, league commissioner Mark Cohon stated the next step in the process was ensuring Ottawa had the "right facility" to accommodate a CFL team.

The deal will only move forward if an agreement with the city is struck to build an appropriate stadium. That's where things stand now.

Now, after months of discussions and town hall meetings debating the pros and cons of redeveloping Landsdowne Park, a pivotal presentation at Ottawa City Hall on Aug. 26 may determine the future of the team.

"We're making good progress with city staff to reach an agreement in principle that we hope meets the concerns and exceeds the expectations of council and the public at large. But the deal has to be beneficial to both sides for it to work," said team investor Roger Greenberg.

With the city's approval, it will be first down and goal to go.

Without it, the CFL may never run another play in Ottawa.

"We're making good progress with city staff to reach an agreement ... But the deal has to be beneficial to both sides."
Roger Greenberg, team investor

Reaction

- The residents of Ottawa have spoken.

Some want a new look Landsdowne Park that includes an updated Frank Clair Stadium as the home of a CFL team while others want the city to take a different direction with the jewel on the Rideau Canal.

"I want the city to give Hunt and his boys the go ahead to rebuild Landsdowne and bring back CFL football," said Glen Gillette.

"It's important that we rebuild the park and revitalize that area of town. It's part of Ottawa's identity."

Glebe resident Rita Proulx is not sure that rebuilding the stadium is the way to go.

"A football team in Ottawa has already failed twice, who says it will be successful this time," Proulx said.

"I think that city councillors really have to think this one out ... A mistake could affect us for years."

Cohon works to grow 'Canada's league'

MATTHEW WUEST
Metro Canada

RENE JOHNSTON/TORSTAR NEWS SERVICE

CFL commissioner Mark Cohon is pleased the league's attendance and TV viewer numbers are up. He's also got his sights set on the eastern half of the country, working to get a team established in Ottawa and a regular-season game played in Moncton, N.B.

Halifax appears to be all but forgotten — at least for now — in the eyes of CFL commissioner Mark Cohon.

"If we have a (regular-season) game in Moncton, we'd like to see a lot of fans from Halifax make the drive," was all Cohon would say when asked where the city fits into his plans.

Moncton, N.B., has effectively shouldered Halifax out of the equation in the race to become the CFL's Atlantic expansion team and could host a regular-season game in September 2010.

A new 10,000-seat stadium — expandable to 20,000 with temporary seating — being built in Moncton for the 2010 world junior track and field championships has the New Brunswick city in the driver's seat. Halifax's inaction on the same front has Nova Scotia fading in the rearview mirror.

"I've had this conversation with many people," Cohon said. "Because there is no stadium in Halifax, it makes it very difficult for the league to consider big events there."

Exploring the market in Moncton and getting a team back to Ottawa are Cohon's biggest priorities.

He said he is "working diligently" on getting a regular-season game in Moncton. Meanwhile, the ownership group of a conditional franchise in Ottawa is "making progress" in its effort to negotiate a stadium agreement with the city.

"If that comes to fruition, we're probably looking at the Ottawa team getting back into the market in 2012," Cohon said. "While hockey is Canada's game, I think the CFL is Canada's league, and we want to be in the nation's capital."

Cohon said the league faces a challenge to succeed in the face of an economic downturn, particularly in Ontario, but boasted about a number of positives for the league.

Six of eight teams broke even or turned a profit in 2008; attendance is higher than it's been in 25 years; and television ratings on TSN were up 15 per cent in 2008.

"Those two benchmarks (TV ratings and ticket sales) that are so important for the league and so critical to the success of the league have been strong," he said. "We're looking forward to 2009. We think we're going to have a good year."

2009 SEASON SCHEDULE

PRESEASON

WEEK 1
WEDNESDAY, JUNE 17
B.C. 30 at Calgary 37
Hamilton 22 at Winnipeg 32
Montreal 37 at Toronto 24
Saskatchewan 12 at Edmonton 45

WEEK 2
TUESDAY, JUNE 23
Calgary 27 at Saskatchewan 19
Edmonton 31 at B.C. 19
Toronto 27 at Hamilton 17
Winnipeg 27 at Montreal 31

REGULAR SEASON

WEEK 1
WEDNESDAY, JULY 1
Toronto at Hamilton
Montreal at Calgary

THURSDAY, JULY 2
Winnipeg at Edmonton

FRIDAY, JULY 3
B.C. at Saskatchewan

WEEK 2
THURSDAY, JULY 9
Edmonton at Montreal

FRIDAY, JULY 10
Calgary at Winnipeg
Hamilton at B.C.

SATURDAY, JULY 11
Saskatchewan at Toronto

WEEK 3
THURSDAY, JULY 16
B.C. at Edmonton

FRIDAY, JULY 17
Toronto at Calgary

SATURDAY, JULY 18
Montreal at Saskatchewan
Winnipeg at Hamilton

WEEK 4
THURSDAY, JULY 23
Hamilton at Montreal

FRIDAY, JULY 24
Toronto at Winnipeg
Calgary at B.C.

SATURDAY, JULY 25
Edmonton at Saskatchewan

WEEK 5
THURSDAY, JULY 30
Montreal at Edmonton

FRIDAY, JULY 31
B.C. at Hamilton

SATURDAY, AUG. 1
Winnipeg at Toronto
Saskatchewan at Calgary

WEEK 6
FRIDAY, AUG. 7
Toronto at Montreal
Saskatchewan at B.C.

SATURDAY, AUG. 8
Edmonton at Hamilton
Winnipeg at Calgary

WEEK 7
THURSDAY, AUG. 13
Calgary at Edmonton

FRIDAY, AUG. 14
B.C. at Toronto

SATURDAY, AUG. 15
Montreal at Winnipeg

SUNDAY, AUG. 16
Hamilton at Saskatchewan

WEEK 8
FRIDAY, AUG. 21
Saskatchewan at Montreal
Winnipeg at B.C.

WEEK 9
THURSDAY, AUG. 27
Hamilton at Edmonton

FRIDAY, AUG. 28
Calgary at Toronto

WEEK 10
FRIDAY, SEPT. 4
Montreal at B.C.

SUNDAY, SEPT. 6
Winnipeg at Saskatchewan

MONDAY, SEPT. 7
Toronto at Hamilton
Edmonton at Calgary

WEEK 11
FRIDAY, SEPT. 11
Hamilton at Toronto
Calgary at Edmonton

SUNDAY, SEPT. 13
B.C. at Montreal
Saskatchewan at Winnipeg

WEEK 12
FRIDAY, SEPT. 18
Calgary at Hamilton

SATURDAY, SEPT. 19
Toronto at B.C.

SUNDAY, SEPT. 20
Winnipeg at Montreal
Edmonton at Saskatchewan

WEEK 13
FRIDAY, SEPT. 25
Montreal at Hamilton
B.C. at Calgary

SATURDAY, SEPT. 26
Saskatchewan at Edmonton
Toronto at Winnipeg

WEEK 14
FRIDAY, OCT. 2
Edmonton at Winnipeg
Saskatchewan at B.C.

SATURDAY, OCT. 3
Montreal at Toronto
Hamilton at Calgary

WEEK 15
FRIDAY, OCT. 9
B.C. at Edmonton

SATURDAY, OCT. 10
Toronto at Saskatchewan

MONDAY, OCT. 12
Calgary at Montreal
Winnipeg at Hamilton

WEEK 16
FRIDAY, OCT. 16
Edmonton at Toronto

SATURDAY, OCT. 17
Saskatchewan at Calgary

SUNDAY, OCT. 18
Hamilton at Montreal
B.C. at Winnipeg

WEEK 17
FRIDAY, OCT. 23
Hamilton at Toronto
Edmonton at Calgary

SATURDAY, OCT. 24
Montreal at Winnipeg
B.C. at Saskatchewan

WEEK 18
FRIDAY, OCT. 30
Toronto at Edmonton

SATURDAY, OCT. 31
Saskatchewan at Hamilton
Calgary at B.C.

SUNDAY, NOV. 1
Winnipeg at Montreal

WEEK 19
FRIDAY, NOV. 6
Edmonton at B.C.

SATURDAY, NOV. 7
Montreal at Toronto
Calgary at Saskatchewan

SUNDAY, NOV. 8
Hamilton at Winnipeg

***End of Regular Season**

PLAYOFFS

DIVISION SEMIFINALS
SUNDAY, NOV. 15
EAST
Third at Second Places
WEST
Third at Second Places

DIVISION FINALS
SUNDAY, NOV. 22
EAST
Semifinal Winner at First Place
WEST
Semifinal Winner at First Place

97TH GREY CUP
SUNDAY, NOV. 29
AT CALGARY
East vs. West Champions

Track allergies

At reactine.ca, find out what's making you sneeze. Click on the Pollen Map tab and, on the drop-down menu, select the province you live in and the month. It will show you which plants or trees are causing your allergies at this time of year. **BEST HEALTH MAGAZINE**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Pursuit of happiness

Canadian women more satisfied than their U.S. sisters

Talk about a hot-button issue: Despite women's social and economic gains over the last 35 years, more American women report being less happy.

In fact, a new gender gap has emerged: Men are now happier than women.

That's according to a study, The Paradox of Declining Female Happiness, by two University of Pennsylvania economists to be published in the American Economic Journal in August.

But the word's out, igniting gender battles online as both sides point fingers. "Typical complaining women," and "raving, loony feminists," snipe some males. "We have too much to do," and "sexist jerks," females retort.

Happiness, it turns out, is far more nuanced than that and varies by nationality. A Canadian expert says women here not only still top men in life satisfaction, but also score higher on the happiness scale — which includes issues of social security — than their sisters to the south. Who knew?

ISTOCK PHOTO

According to an American study, men are happier than women; but not so in Canada, says an expert.

It's too early to tell if the American findings are a harbinger of a new gender gap here, of women's waning well-being.

"Is it indicative of social trends that will catch on and spread, or is it just a feature of U.S. life?" economist John Helliwell of the Canadian Institute for Advanced Research asks rhetorically. One potential sign: Canadian teenage girls are reporting less life satisfaction than the boys.

Betsey Stevenson, co-author of the Paradox study, has no easy answers. This pursuit of happiness business is serious stuff. Economists use such life satisfaction findings to help evaluate public policies, explains the assistant professor at the University of Pennsylvania's Wharton School.

TORSTAR NEWS SERVICE

Tips to zap summer zits

CELIA MILNE
For Metro Canada

SKINCARE And you thought winter was hard on your skin! Summer is tough too — hot weather and humidity can clog pores and make skin feel greasy.

Two rules to remember if you have acne: Don't pop your zits (this prolongs the healing process) and don't skip your moisturizer. Drying out your skin can stimulate more oil production.

Use a cleanser and a moisturizer that are oil-free, suggests dermatologist Dr. Jensen Yeung, director of The Psoriasis Clinic and co-director of the melanoma pigmented lesion clinic at Women's College Hospital. Yeung likes Clean & Clear products because they have been studied extensively and formulated carefully for both teenage and adult acne.

Try Clean & Clear Deep Action Refreshing Gel Cleanser to clean your skin, and then Clean & Clear Morning Burst Shine Control Moisturizer to hydrate skin all day.

"It generally takes around four weeks to see noticeable results," says Yeung, who adds that it is important when starting a new skincare regime to follow instructions carefully. Don't use the products more often or less often than advised.

ISTOCK PHOTO

Don't skip the moisturizer in the summer. Drying out skin can stimulate more oil production.

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GNC Carlingwood Mall (613)-798-4425
GNC Chapman Mills Park (613)-823-4059
Foodsmiths Perth (613) 267-5409

Eco-Atkins diet good for heart

FOOD A vegetarian, low-carb diet may be the best way to lose weight and boost heart health.

Researchers in Toronto tested a diet nicknamed the "Eco-Atkins diet." It is a low-calorie, low carbohydrate diet that is high in plant-based proteins. In the study, 22 overweight patients followed the diet for four weeks. They lost, on average, about 4 kg (8.8 lbs). The results were exciting because the diet also had positive effects on cardiovascular health: reduced LDL ("bad") cholesterol, improved blood pressure and fewer fats in the blood.

This is an improvement on the standard Atkins diet because it protects against the raised LDL cholesterol associated with eating meat, said author Dr. David Jenkins from St. Michael's Hospital. The study was published in the June 8 edition of the Archives of Internal Medicine.

CELIA MILNE
/FOR METRO CANADA

Add some green to lunch
You've heard of a low-carb diet, but have you heard about a low-carbon diet? At eatlowcarbon.org, you can calculate how much carbon impact your food choices have on the environment. **BEST HEALTH MAGAZINE**

TORSTAR FILE PHOTO

It's time to reapply your sunscreen when the purple colour on the band of your UVSunSense bracelet fades.

Sun-sensitive bracelet

SKINCARE The UV index is climbing.

And just in time comes the UVSunSense, a plastic wristband touted to monitor sun exposure and tell you when to reach for the sunscreen, and when to get out of the sun.

Place the band on the wrist, colour side up. Apply sunscreen to skin and the wristband, which then turns purple when exposed to UV and UVA rays. Reapply sunscreen when the band fades. Cover up or head inside when the words "Apply sunscreen to this side" completely disappear.

UVSunSense president John Horovitz says the recyclable bracelet is calibrated to work with a minimum SPF 15, and will respond with higher levels of protection. It especially helps parents keep an eye on their kids' sun exposure, he says. (See uvsunsense.com for more info.)

But Dr. Cheryl Rosen, of the Canadian Dermatology Association, notes: "There are differences between different people in how sensitive they are to UV ... You should be out there when you need to be out there, to be active, playing a game of tennis, canoeing, but you don't want to stay out there until the second before you burn."

As well, says Rosen, "I don't know if the amount of sun you get on your wrist is the same amount that you get on your nose,"

The bands are available to Canadians online (amazon.com or drugsdepot.com) for $5.87 (U.S.) for a seven-pack.

Environment Canada scientists predict that UV radiation levels will be three per cent higher this summer than pre-1980 levels, due to the thinning ozone layer. **TORSTAR NEWS SERVICES**

Water Pure Eau de Toilette Spray by Nautica, $75/100ml, $57/50ml

Davidoff Adventure Amazonia, $66/100 ml

Calvin Klein IN2U Heat for him, $65/100 ml

Givenchy Play, $65/50ml, $83/100 ml

Scent of a man

Men have long embraced the fragrance industry

KATE McCAFFERY
For Metro Canada

Fragrance is one area where the beauty industry has a long history of targeting men — for the majority, in fact, fragrance is one of the first "beauty" products a man will buy.

Statistics show the average Canadian guy has three fragrances in his bathroom. Given the sheer number of fragrances available though — traditional scent staples, seasonal and limited editions, not to mention the range of smell strengths found in different products from the same line — it's not at all surprising that choosing one can be a daunting task.

Choosing a new fragrance though is a task that might be worth undertaking, particularly if your scent is more than a few years old. (Provided you store fragrances in a cool, dry place, they should be good for at least two to three years. Some can last even longer, depending on the quality of ingredients used).

It is commonly known that fragrances can smell different, depending on who wears the smell. Many don't know, however, that there are more than nine different scent families that colognes and sprays typically come from.

Where one might be more aromatic, another could be a floral citrus blend while a third smells more like tobacco or leather.

"Remember what you've worn in the past, what you've liked and what you've disliked," says Tammy Smitham, director of communications and corporate affairs at Shoppers Drug Mart.

For women interested in purchasing a perfume for a man, she says it's also a good idea to start with smells you've liked in the past, even if you haven't smelled them on the person for whom the gift or purchase is intended for.

"It's something you're going to be smelling ... every day, so make sure you like it."
Tammy Smitham, Shoppers Drug Mart

"Go with what you like," she says. "That's probably my number one advice. It's something you're going to be smelling, probably every day, so make sure you like it."

If sampling in-store is a problem, it's worth knowing that nearly all cosmeticians stock alcohol wipes that can be used to remove scents that don't jive with your plans for later in the day.

How to choose

When choosing a new scent, there are a number of suggestions to keep in mind:

- Remember what you've worn in the past. This will help the cosmetician make recommendations.
- Spray the smell on your inner wrist. The top of your hand is a dry area that won't give the truest smell later on.
- Wait until the smell dries. "When you spray it right out of the bottle, you're getting more of the top notes and the alcohol concentration," says director of communications and corporate affairs at Shoppers Drug Mart. "Once it dries up, that's what the scent will really smell like."
- Never try more than three in one visit — this overwhelms the senses. "You're not going to be able to distinguish any longer between the scents."
- Know your price range.

KATE MCCAFFERY/ FOR METRO CANADA

Bleecker Street Bond No. 9 New York, $198/100ml, $140/50ml

Malibu Playboy, $19.99/50ml

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Canada the risqué

A look at the progress of our national sexual identity

The J Spot

Canada has a colourful sexual history. While Pierre Trudeau's statement that the government had no business in the bedrooms of the nation undoubtedly influenced Canadian sexual values, it was in fact the bill he was introducing at the time — the 1967 Omnibus Bill — that has probably had more impact on our national sexual identity than any piece of legislation since. This bill made birth control and abortion more available, divorce more accessible and removed homosexuality from the Criminal Code.

Less than a decade previous to this, Canada wasn't quite as sexually liberal. The D.H. Lawrence classic Lady Chatterly's Lover was considered criminally obscene at least in Quebec as late at 1959.

But a decade after the Omnibus Bill, in 1977, Quebec became the first province to include sexual orientation in its Human Rights Code. It took the Supreme Court of Canada until 1995 to rule that sexual orientation is protected under the Canadian Charter of Rights and Freedoms but the feds made up for it by becoming the fourth country in the world to legalize same-sex marriage in 2005.

And, in the same year that gay people were celebrating their legal entry into the world of heterosexual monogamy, straight married couples were celebrating their legal right to have recreational sex with someone other than their partner when, in December of 2005, swingers' club were legalized in Canada.

You could also blame our liberal sexual attitudes on Niagara Falls. According to Chris Gudgeon, author of The Naked Truth: The Untold Story of Sex in Canada, by 1867, Niagara Falls had become the Honeymoon Capital of the World because it was "a potent symbol of the awesome natural limitlessness of the new country." From the start, Gudgeon argues, "Canada and sex were linked in the world's imagination."

Our sexy rep has been solidified by people like Gwen Jacobs who took off her top on a hot day in Guelph, Ont., back in 1991, asserting she had just as much right to go topless as men. The court agreed and it became legal for women to go topless in Ontario. Toss in our nude beaches, like Wreck Beach in Vancouver and Hanlan's Point on Toronto Island, the fact that Toronto is home to the Naked News (nakednews.com) and The History of Contraception Museum, featuring the world's biggest collection of contraceptive devices, and you've got one sexy country.

From Dildo, N.L., to Bare Butt Bay in Northern Ontario, Cuddle Lake in Manitoba to The Nipples off the coast of B.C., Happy sexy Canada Day!

• Check out Josey's Sexcetera blog at metronews.ca/blog/toronto.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

ADRIEN VECZAN/TORSTAR NEWS SERVICE

The 1967 Omnibus Bill had enormous impact on our country's sexual identity, it removed homosexuality from the Criminal Code.

"Our sexy rep has been solidified by people like Gwen Jacobs who took off her top on a hot day in Guelph, Ont., back in 1991, asserting she had just as much right to go topless as men."

Bee a queen bee

BEAUTY Burt's Bees, famous for its earth-friendly personal care products, has a new lotion with an SPF 15, to protect skin against the sun's rays. Burt's Bees Radiance Day Lotion contains royal jelly, the exclusive diet of the queen bee, thought to be the reason the queen bee lives 40 times longer than worker bees. This product does not contain parabens or phthalates, chemicals often found in sunscreens, that may be linked to cancer. Burt's Bees sunscreen is certified by the Natural Products Association as being at least 95 per cent natural. Burt's Bees sunscreen will be available in specialty, health and drug stores, starting in October 2009.

CELIA MILNE/
FOR METRO CANADA

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Dr. Wayne Perron
Dental Surgeon

If you have visited your dentist regularly, you will have had an x-ray. It has been an essential element to complete dental treatment for years.

The x-ray has been around so long, we might take its technology for granted. Yet it continues to be an amazingly useful diagnostic tool for dentists. It operates by sending out waves of energy that can pass through solid objects. The more dense the object, the more the rays are absorbed.

Teeth are quite dense compared to your cheeks and gums. As a result, your teeth will absorb more x-ray energy, which is why they show up lighter in colour on the x-ray film. Existing fillings are more dense than teeth and appear lighter on the film. However, since cavities are areas of the teeth which have decayed, they appear much darker than the rest of the tooth.

This simple contrast in the darkness of the x-ray image enables your dentist to see things that cannot be observed with the naked eye. For instance, your dentist can use x-rays to spot early signs of decay between teeth, under the gumline or beneath an existing filling. An x-ray can also reveal bone loss associated with periodontal disease, locate signs of infection or the fact that a nerve beneath the tooth has died, which can be a precursor to root canal.

The value of the x-ray is its ability to help your dentist find these potential problems as early as possible. When found early, treatment may be much easier and less intrusive.

The question that remains is how often you should have an x-ray. Unfortunately, there is no one simple answer to this question. Your dentist will want you to have x-rays as often as your dental health requires. Some people may only require x-rays every year or two. Other patients may need them more frequently, perhaps as often as every six months.

For instance, people with periodontal disease, those with a number of fillings, or who suffer from dry mouth or who smoke may benefit from having x-rays every six months. More frequent x-rays bring into question the health concerns associated with x-ray radiation.

Patients should feel confident that dental x-rays subject you to very small levels of radiation. Furthermore, your dentist will take all of the necessary precautions to ensure your exposure is kept to a minimum.

If you continue to have any concerns about x-rays, you should speak to your dentist about it. You need to be comfortable with the treatment you receive. This means balancing any concerns about x-ray radiation with the benefits of early detection of dental problems. Because finding dental problems early is a healthy habit… and healthy habits lead to healthy lives.

Dr. Wayne Perron
Dental Surgeon

Reaper role

Reaper co-star Missy Peregrym landed the lead role on the Canadian cop drama Copper, which will air on ABC. Copper centers on Andy McNally (Peregrym), a newly minted cop fresh from the academy and the daughter of a homicide detective. REUTERS

Entertainment

Farrah's story

ABC's rebroadcast of Farrah's Story drew a larger audience than specials chronicling the life of Michael Jackson on Friday night. The Fawcett documentary drew 8.23 million viewers. STUDIOBRIEFING.NET

EDITOR: DEAN.LISK@METRONEWS.CA

GETTY IMAGES

Janet Jackson at the BET Awards in Los Angeles, Calif.

Family turns up for BET Awards show

PEOPLE Top black performers paid high tribute to fallen pop star Michael Jackson at Sunday's BET Awards where his sister Janet Jackson and father Joe Jackson made their first public appearances since the singer's death.

The show's most moving moment came in a final tribute when Janet, a pop star in her own right, took the stage to thank the audience for turning out to honour her dead brother.

"To you, Michael is an icon. To us, Michael is family, and he will forever live in all of our hearts," said Jackson, her voice choking as she held back tears. "On behalf of my family and myself, thank you for all of your love. Thank you for all of your support, we miss him so much."

She was followed by host Jamie Foxx and R&B singer Ne-Yo singing a tender duet of Jackson 5 hit I'll Be There, while pictures of Jackson were displayed on a giant video screen.

Jackson died suddenly from cardiac arrest at age 50 in his Los Angeles home on Thursday. The BET Awards, which annually honour African American singers, actors, actresses and athletes, transformed into a tribute to the pop superstar. REUTERS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Jackson clan seeks custody

The Los Angeles coroner's office yesterday dismissed as inaccurate a British newspaper report that said Michael Jackson was emaciated and almost bald when he died suddenly last week.

As the Jackson family clan gathered in Los Angeles to consider funeral details befitting the worldwide outpouring of affection for the King of Pop, the singer's mother filed court papers seeking custody of his three children.

Katherine Jackson asked the Los Angeles Superior court to appoint her guardian of Prince Michael, 12, Paris Katherine, 11, and Prince Michael II, 7, saying they have "no relationship with their biological mother."

The first two are Jackson's children from his ex-wife Debbie Rowe and the third from an unidentified surrogate mother. A hearing was set for Aug. 3.

Two inconclusive autopsies have been carried out on Jackson — one by the Los Angeles County Coroner's office and one by a private pathologist. Toxicology tests are expected to take several weeks.

Jackson, 50, died suddenly of cardiac arrest at his rented Los Angeles home on Thursday, just a few weeks before a planned string of 50 comeback concerts in London.

Assistant chief coroner Ed Winter said details reported in the British Sun tabloid about Jackson's condition did not come from either the private or the county autopsy.

"I don't know where that information came from, or who that information came from. It is not accurate. Some of it is totally false," Winters told reporters.

GETTY IMAGES

Katherine Jackson, mother of Michael Jackson, is seeking custody of the late pop star's three children.

Claiming it had seen a leaked autopsy report, The Sun said Jackson was wearing a wig when he died to cover his "peach fuzz" hair, weighed only about 112 pounds (51 kg), that his hips, thighs and shoulders were riddled with needle wounds, and that his stomach was empty apart from partially dissolved pills.

Jackson admitted in 1993 that he had an addiction to painkillers, but he had recently passed a lengthy medical exam ahead of the London concerts.

Civil rights leader Al Sharpton met with the family in Los Angles yesterday to discuss a worldwide tribute to Jackson.

"I'm here to make sure Michael gets in death what he never got in life — he never got credit," Sharpton told reporters.

Joe Jackson told reporters on Sunday that funeral arrangements for the King of Pop were still being discussed but a family friend said services could take place tomorrow and the body could be buried at Jackson's famous Neverland Ranch in central California. REUTERS

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/30/09 primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		North and South		India with Sanjeev Bhaskar		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Caged" (HDTV)		The Office		NCIS "Identity Crisis"		News
	-	-	5	SRC	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ
	209	342	6	CHRO	The Road to Avonlea		America's Got Talent		America's Got Talent (N)		Cupid		Comedy Now
	196	311	7	CTV	Hollywood	Corner Gas	Canada's Next Top Model (N)		The Mentalist (HDTV)		Law & Order: SVU		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	America's Got Talent		America's Got Talent (N)		Law & Order: SVU		News (N)
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	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere V	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Taking It Off		Better Off Ted	Rocker Moms	Ruby	Ruby	News (N)
	-	361	20	ABC	News (N)	Entertainment	The Superstars (N)			Better Off Ted	Primetime: Family Secrets (N)		News (N)
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Réflexions politiques				
	651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	*Legally Blonde* ★★ (2001, Comedy) Reese Witherspoon.				News (N)		News
	-	-	64	PBS	Business Rpt.	Primal Grill	Nova (N) (DVS)		Nova scienceNOW (N)		P.O.V. "Beyond Hatred" (N)		
news	205	312	104	CTV	Hollywood	Corner Gas	Canada's Next Top Model (N)		The Mentalist (HDTV)		Law & Order: SVU		News (N)
	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		Homo Toxicus		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Ms. Fitness World '09		UFC: Access	MMA Conn	Best Damn Sports Show		Sportsnet Connected		Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	MLB Baseball Tampa Bay Rays at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Score Update	Poker Challenge		Poker		Score Tonight		Final Score
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Departures		Survivorman		Bounty Hunter	Bounty Hunter	Departures
family	417	406	59	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Drag Race	Drag Race	Pimp My Ride
	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Survive This (N)		Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
	570	580	29	MM	The Daily Fix		Ranked!		I'm a Celebrity, Get Me Out.		Entourage	Gene Simmons	The Daily Fix
cable variety	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	628	584	32	SPKE	(6) *Star Wars: Episode II -- Attack of the Clones* (2002)				Scariest Police Chases 2		Scariest Police Chases 3		Jesse James
	521	560	34	TLC	Say Yes-Dress	Cake Boss	Stager	Stager	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	18 Kids-Count
	145	761	35	TV5	Survivre		Secrets d'histoire				Plage	J'y suis, j'y	Journal TV5
	616	521	39	SHO	The Outer Limits		Painkiller Jane		*A Life Interrupted* (2007, Docudrama) Lea Thompson.				House
	620	523	40	BVO	Montreal Jazz Festival		Live at the Rehearsal Hall		Sweet Soul Music		Jackie Richardson		Law & Order
	520	505	42	DIS	Daily Planet		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheer Moms
	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	294	529	47	TBS	MLB Baseball Philadelphia Phillies at Atlanta Braves. From Turner Field in Atlanta.						Home Videos	Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Torchwood		Watchmen	Watchmen	Stargate SG-1
	581	566	53	MTV	Teen Cribs	After	MTV News	Room Raiders	Super Sweet	Super Sweet	Run's House	Run's House	MTV Live
	618	524	54	TROP	Power Play "Evasion"		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	522	506	55	HIS	NCIS "Bait"		Lost Worlds		Tanker Time Bomb		NCIS "Bait"		Disappearance
	129	773	60	CD	Biographies (HDTV)		Cités sous surveillance (HDTV)		C'est incroyable!		Alliance meurtrière (HDTV)		Images-chocs
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		The Lost Gods	Search	Poltergeist
	602	567	62	W	How Clean	Friends	Remedy Me	Style by Jury	Style by Jury	Style by Jury	*Numb* (2007, Comedy-Drama) Matthew Perry.		
	269	350	70	APTN	Wings-Canada	Tears	Chiefs-Champ	Cashing In	Fish Out	New Canoe	The Rez	Short Cuts	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	Look-A-Like	Sex Scandals of the Stars		Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Chef at Home	French Food	100 Mile Challenge		The F Word		Good Eats	Good Eats	Iron Chef Am.

critics' corner

Being Erica

Erica has a university education, but she can't seem to get anything resembling a career off the ground. Maybe she needed to make some better contacts in school. To test that theory, she time-travels back to her university days to join an exclusive secret society in "What I Am Is What I Am." 9 PM on 8 CBC

Dog the Bounty Hunter

In "Mothers and Daughters," a young woman named Rachel fails to keep her end of a deal with her mom, who asks Dog to revoke Rachel's bond. Beth finds herself identifying with Rachel because of events in her own past. 4 PM on 56 OLN

The Mentalist

When a high-school girl's body washes up on the beach, CBI investigator Patrick Jane sets a trap to get a group of surfers to turn on one another and reveal what really happened in "Red Tide." You might say they go from "hanging 10" to hanging themselves. 9 PM on 13 CBS 7 CTV 104 CTV

Cops-and-robbers classic

Public Enemies
Director: Michael Mann
Stars: Johnny Depp, Christian Bale
Classification: 14A
Rating: ⊕⊕⊕⊕½

CHRIS ALEXANDER
for Metro Canada

There are many reasons to take in the massive pulp gangster epic Public Enemies, and no doubt, the chief feature the studio is banking on to pull in the pundits is the presence of poster boy Johnny Depp.

Johnny Depp plays Depression-era American gangster John Dillinger in Public Enemies.

But in the grand tapestry of it all, Depp's admittedly charismatic performance isn't the most resonant element in director Michael Mann's ultra-stylized, retro shoot 'em up.

The beloved big screen sex symbol stars as real life 1930's American outlaw John Dillinger, who, like the equally loathed/loved Bonnie and Clyde, forged his name robbing banks during the Great Depression, amassing more press than any movie star dared even dreamed of achieving in the process.

His glamorous rampage is dogged by rock jawed FBI agent Melvin Purvis (a typically engaging Christian Bale) and much macho confrontation and blood spattered gun battles ensue.

Narrative drive isn't the focus of Mann's hypnotic crime opera, rather, like his classic and influential 1995 crime drama masterpiece Heat, the accent is on tone, atmosphere, texture and fetishizing violence to the point of lyricism.

When men point Tommy guns at each other and bullets meet bone in a Mann film, it's as ferocious and primal as it is jarringly beautiful.

And while Depp is never anything less than entertaining as Dillinger, he's basically just being Depp in fancy-lad clothing — likeable and visually striking as always but cartoonish and never really revealing the emotional arc that the character truly requires to make him flesh and blood. Better still is Bale, who excels in a smaller, less showy but more controlled role and gorgeous French actress Marion Cotillard (La Vie en Rose) who adds weight in a complex turn as Dillinger's moll. Better than any of them however, is British actor Stephen Graham (Inkheart) who, as psychotic Dillinger accomplice Baby Face Nelson, steals every scene he's in.

Public Enemies is a towering piece of work, as much a love letter to vintage Warner Bros. gangster melodramas as it is an extension of the shadowy good vs. evil urban jungle Mann began observing in the original Miami Vice. In other words, an instant cops-and-robbers classic.

• For Public Enemies photos, a trailer and screen times, or to buy tickets, visit metronews.ca/movies.

Public Enemies screen times

• **Coliseum Ottawa:** Wed-Thu 12:10-3:45-6:50-10:15
• **Empire 7 Cinemas:** Wed 12-3:10-6:50 Thu 12-3:10-6:50-10:15
• **South Keys:** Wed-Thu 12-3:30-6:45-10:10
• **Gatineau 9:** Wed-Thu 12:30-3:30-6:45-9:40
• **Gloucester Silvercity:** Wed-Thu 11:45-12:50-3:15-4:40-6:45-8:15-10-11:35
• **Orleans Town Centre 6 Cinemas:** Wed-Thu 12:15-3:30-6:40-9:50
• **Kanata 24:** Kanata 24: Wed-Thu 11-12:30-1-2-3:30-4:10-6:30-7:10-8-9:35-10:10-11
• Times are subject to change. Complete listings are also available at metronews.ca/movies.

Transformers 2 year's No. 3 film

The Transformers sequel quickly became the third-biggest movie of the year at the North American box office after just five days of release, as the costly robot extravaganza surpassed industry expectations.

Transformers: Revenge of the Fallen, a follow-up to the smash hit of 2007, earned an estimated $201.2 million since it blasted into theatres Wednesday, distributor Paramount Pictures said Sunday.

Earlier in the week, the Viacom Inc-owned studio had conservatively forecast a five-day haul in the $130 million to $150 million range. But industry pundits said a tally of at least $175 million was more likely.

"For me the high water mark was, could you get to $200 million in seven days?" said Don Harris, executive vice-president of distribution at Paramount, adding that his target was met with skepticism by movie-theatre owners.

The biggest movies of the year so far are Up with $250 million and Star Trek with $246 million. The new Transformers movie is on track to hit the low $300 million area by the end of next weekend, Paramount said. "We should have three really strong weeks before Harry Potter (and the Half-Blood Prince) comes in (on July 15)," Harris said.

The film narrowly missed the five-day opening record of $203.8 million set last year by The Dark Knight, the second-biggest film of all time before adjusting for inflation. Its $60.6 million haul on its first day also fell just short of the all-time single-day record of $67 million, set on a Friday by the Batman sequel.

Harris said women accounted for 46 per cent of moviegoers, up from 40 per cent for the first movie, an indication of the franchise's expanding appeal.

Exit surveys indicated that 91 per cent of moviegoers considered the film as good as or better than the first one, Harris said. Critics, on the other hand, were mildly favourable towards the first film, but mostly appalled by the sequel, according to Rotten Tomatoes, a website that analyzes reviews. REUTERS

Box office history

• The first Transformers was the third-biggest film of 2007 in North America, ending up with $319 million.

The usual gang of prehistoric creatures go on a new adventure in Ice Age: Dawn of the Dinosaurs.

Ice Age sequel uninspired

Ice Age: **Dawn of the Dinosaurs**

Director: Carlos Saldanha, Mike Thurmeier
Stars: Ray Romano, Queen Latifah
Classification: PG
Rating: ⊕⊕⊕½

STEVE GOW
for Metro Canada

The problem with Pixar (and thereby Dawn of the Dinosaurs) is that the studio behind such clever hits as Up and Wall-E has ensured all other studio attempts at animated family-fare seem juvenile and artless — Fox's Ice Age 3 included.

Sure, the return of mastodons Manny (Ray Romano), Ellie (Queen Latifah) and the rest of the prehistoric herd will appeal to many children (especially in 3-D), but beyond a mere 90-minute distraction, there's not much for the kids to take home.

Now expecting a child, Manny and Ellie discover that below the ice-covered surface lies a world where ferocious dinosaurs still roam. When John Leguizamo-voiced Sid the sloth (who attempts to mother a trio of unhatched dinosaur eggs) is carted away by the real mom, the rest of the clan set out on a search and rescue mission.

Led by Buck the swashbuckling weasel, the group treks across dangerous jungles and the Chasm of Death (which is so-named because "Big Smelly Crack … just made everyone giggle").

If that made you giggle, perhaps this comedy will resonate since its high points are mostly highlighted by gags about plants barfing, dinosaur mucous and flatulence (as Buck states, "He who has gas travels at the back of the pack").

There's surely no denying the production values; the animation is vibrant and detailed.

Plus, the success of the franchise will guarantee a following; but this third journey is ordinary, uninspired and about as progressive as the ice age itself. In the film's own vernacular, that which is full of gas travels at the back of the pack.

• For Ice Age: Dawn of the Dinosaurs photos, a trailer and screen times, or to buy tickets, visit metronews.ca/movies.

Ice Age 3 screen times

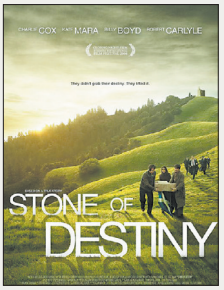
• **Coliseum Ottawa:** Wed-Thu 12:30-3:25-6:30-9; 3-D Wed-Thu 12-2:30-5-7:30-9:55
• **Rideau Centre Cinemas:** Wed 12:05-2:20-4:35-6:50 Thu 12:05-2:20-4:35-6:50-9:05
• **South Keys:** Wed-Thu 10:05-11:10-12:40-1:45-3:20-4:15-6:40-7:15-9:10-9:40
• **Cinema des Galeries d'Aylmer:** Wed-Thu 12:50-3:10-6:50-9:10
• **Barrhaven Cinemas:** Wed-Thu 12:30-3:50-6:30-9:20
• **Gloucester SilverCity:** Wed-Thu 12:45-3:45-7:45-10:20; 3-D Wed-Thu 12-2:30-5-7:30-10
• **Orleans Town Centre 6 Cinemas:** Wed-Thu 12-2:30-5-7:20-9:40
• **Kanata 24:** Wed-Thu 11:05-11:50-12:20-1:30-2:10-2:50-4-4:30-5:15-6:45-7:15-7:50-9:05-9:35-10:10

Times are subject to change. Complete listings are also available at metronews.ca/movies

DVD picks

Stone of Destiny

Director: Charles Martin Smith



BASED ON the true story of young Scots nationalists who broke into Westminster Abbey on Christmas Eve, 1950, to grab the hallowed Stone of Scone, deemed stolen by imperialistic Limeys.

Director Charles Martin Smith (Air Bud) brings energy and wit to this account of the incident, which is feather-light yet entertaining all the same.

In Glasgow winter of 1950, law student Ian Hamilton (Charlie Cox) decides Scotland's pride require a daring act of self-empowerment.

With a few pounds donated by leading Scots nationalist John MacCormick (Robert Carlyle), a borrowed car and a handful of co-conspirators that include the feisty Kay Matheson (Kate Mara) and the scrappy Bill Craig (Billy Boyd), the rock nabbers set their plan in motion.

Extras include a director's commentary and a making-of featurette.

Two Lovers

Director: James Gray

JOAQUIN PHOENIX'S accomplishment in James Gray's layered romance is a small marvel, a leap of faith by a fearless artist who understands how love can lead to madness, and vice-versa.

Phoenix is Leonard Kraditor, a bipolar sadsack who lives at home with his parents. Two beautiful women enter his erratic orbit. Sandra (Vinessa Shaw), the daughter of an old family friend, and Michelle (Gwyneth Paltrow), his Ecstasy-popping neighbour. Gray guides his strong cast to a resolution that is both surprising and entirely realistic.

PETER HOWELL/FOR METRO CANADA

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MAPLE PICTURES

Betty star's new baby

Ugly Betty star Ana Ortiz and her husband, musician Noah Lebenzon, have welcomed their first child, a daughter, on Saturday, People reports. Paloma Louise Lebenzon was born at 4:25 p.m. in New York City and weighed 7 lbs., 10 oz. METRO NEWS SERVICES

Celebrity Buzz

LiLo gets party started early

BIRTHDAY GIRL Lindsay Lohan hit Vegas this weekend to launch her new line of tanning products, Sevin Nine, and used the opportunity to turn the event into an impromptu early birthday celebration — even though her big day isn't until next month.

The actress indulged in poolside fun, decadent chocolate cake and five wardrobe changes, according to spies for the Daily Mail. Lohan was back in L.A. by Sunday evening, when she headed out to dinner with on-again, off-again girlfriend Samantha Ronson.

METRO WORLD NEWS

Vanessa bounces back with Topher

ON THE REBOUND Vanessa Minnillo seems to already be moving on from Nick Lachey. She was spotted getting quite friendly with That '70s Show star Topher Grace on the dance floor at a Los Angeles party hosted by Family Guy creator Seth MacFarlane, according to Radar Online.

After a few increasingly intimate dance numbers, the pair reportedly started making out right there on the floor for everyone to see, then later left the party together. METRO WORLD NEWS

GETTY IMAGES

Without Shia, Transformers nothing?

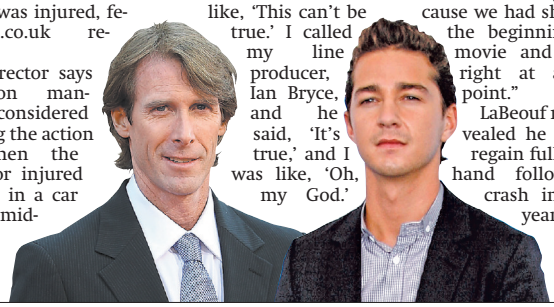
A TRUE MOVIE STAR Michael Bay almost cancelled Transformers: Revenge of the Fallen when Shia LaBeouf was injured, femalefirst.co.uk reports.

The director says production managers considered scrapping the action film when the lead actor injured his hand in a car accident midway through filming and admits they were "lucky" to complete it.

He said: "I actually read it on CNN online and was like, 'This can't be true.' I called my line producer, Ian Bryce, and he said, 'It's true,' and I was like, 'Oh, my God.' He said, 'Let's shut down,' and I said, 'We can't shut down!'

"We were very lucky because we had shot a lot of the beginning of the movie and we were right at a turning point."

LaBeouf recently revealed he will never regain full use of his hand following the crash in July last year.



METRO NEWS SERVICES

Hollywood salary, teen allowance

DOWN TO EARTH My Sister's Keeper star Abigail Breslin just got a raise, people.com reports. The Oscar-nominated actress rakes in an estimated $2 million US per movie these days, yet, her allowance only went up by $1 in April.

"I get $13 (a week) now, because I'm 13," she said.

Breslin, who has been in show business since she was five, ranked eighth in Forbes magazine's list of Young Hollywood's Top-Earning Stars, in 2007 after pulling in $1.5 million in 2006. At home, she's earned her age the past couple years, and, with her most-recent pay raise comes more responsibility.

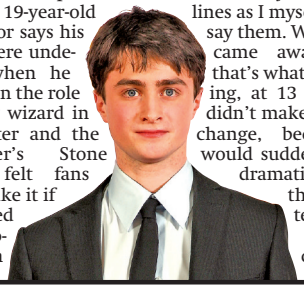
"My chores have gotten a little heavier," she said. "My brother used to always to feed the cat and now I feed the cat, which isn't a big deal, but it kind of is, because my cat eats tons. It's like an all-day long cycle."

METRO NEWS SERVICES

I'm just like Harry, Daniel says

ART BECOMES LIFE Daniel Radcliffe doesn't act when playing Harry Potter, femalefirst.co.uk reports.

The 19-year-old British actor says his abilities were undeveloped when he first took on the role of the boy wizard in Harry Potter and the Philosopher's Stone and he felt fans wouldn't like it if he changed his approach in later movies.



He said: "When I started out at the age of 10 or 11, I was essentially saying the lines as I myself would say them. When I became aware that that's what I was doing, at 13 or 14, it didn't make sense to change, because it would suddenly be a dramatic shift in the character."

Radcliffe admits he is very much like his famous character — created in the best-selling children's book series by J. K. Rowling — and even his mother has noticed the similarities.

He told Parade magazine: "When she read the sixth book she noticed that Harry argues in the kind of irritating, pedantic way that I argue. She thought Harry and I were getting closer and closer together at that point."

METRO NEWS SERVICES

Britney turns over new leaf?

STARTING OVER Britney Spears is a brunette, usmagazine.com reports. The singer, 27, showed off the darker do over the weekend while shopping with boyfriend (and agent) Jason Trawick in Santa Monica, Calif. They stocked up on brooms and picture frames.

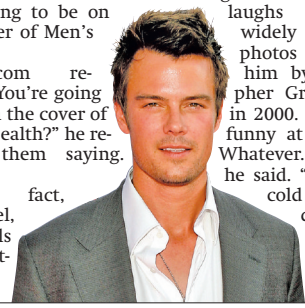
Last week, a source close to the singer shot down reports that the two are engaged. Still, another source told usmagazine.com that Trawick, 27, has had "a calming effect over Britney."

Said a third source: "He is incredible with the kids. He absolutely adores them."

METRO NEWS SERVICES

Josh's new role: Cover boy

STRIKE A POSE Josh Duhamel claims even his friends were skeptical when he told them he was going to be on the cover of Men's Health, people.com reports. "You're going to be on the cover of Men's Health?" he recalled them saying. "You?"



In fact, Duhamel, 36, tells the fitness magazine that he wants to be remembered for his talent, not just his rugged good looks. And he laughs off those widely seen nude photos taken of him by photographer Greg Gorman in 2000. "To me, it's funny at this point. Whatever. It's done," he said. "It was very cold in the studio, by the way."

METRO NEWS SERVICES

Joke's on Leo after prank

THE LAST LAUGH Leonardo DiCaprio was the target of revenge by some fans who felt he'd snubbed them on a recent trip to Japan.

While visiting a temple in Kyoto, a pair of American tourists reportedly asked the star for a picture, but he declined, pointing to a sign prohibiting photography, according to Page Six.

Feeling slighted, the fans waited until DiCaprio removed his sneakers to enter the temple, then made off with his footwear.

"They just ran off with them," a source said. "The poor guy had to leave the place barefoot."

METRO WORLD NEWS

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Thursday 70% Showers 23° / 17°

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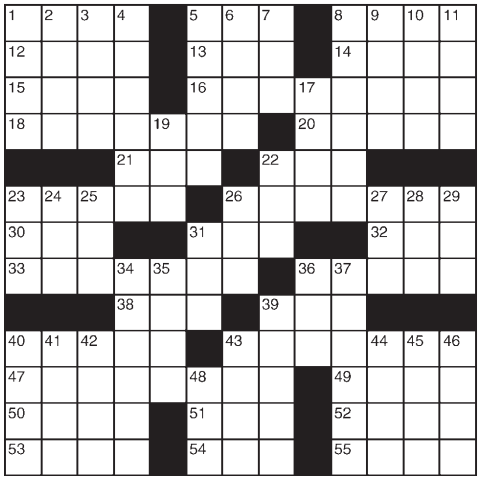
Take Five



Crossword across

1 Guitars' kin
5 Conclude
8 Audio equipment brand
12 Punjabi believer
13 Old French coin
14 Maleficence
15 Basin accessory
16 Pavement
18 Motorcycle attachment
20 Irritates
21 Distort
22 Distant
23 Laurel's partner
26 Courtroom conference
30 Xanadu band
31 Monkey suit
32 SNL alumna Gasteyer
33 Swing band musician
36 Fop
38 19
39 Playground pastime
40 Conspiracy theories
43 Gun of a sort
47 Duck
49 Hodgepodge
50 Epidermis
51 Owns
52 Trademark symbol
53 Camper's shelter
54 TV Tarzan Ron
55 College VIP

Crossword down

1 Employs
2 New Zealand bird
3 Supplemented, with "out"
4 Crafty
5 English composition
6 Bleak, as film
7 Flop
8 Caveat word
9 Elliptical
10 Ledge
11 BPOE members
17 "Zounds!"
19 Weep
22 Repair
23 Cock and bull?
24 Foreman competitor
25 Sceptre
26 Sky sight
27 Proscribe
28 Moreover
29 Shaft from 26-Down
31 April 15 payment
34 Range
35 Fail to hit
36 Mid-June honoree
37 Ancient
39 In one's cups
40 "Hey, you!"
41 Similar to
42 Valhalla bigwig
43 Close up tight
44 Lotion additive
45 Latvia's capital
46 Armstrong's destination
48 Definite article

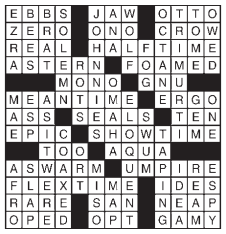
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			8			7		
8		1		7			6	
6			9			1		
		6		4	7			9
	7						5	
9			3	2		4		
		4			3			1
	1			5		2		3
		5			4			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



1	8	4	7	2	6	5	9	3
9	5	7	1	3	8	2	4	6
6	3	2	4	9	5	1	7	8
5	2	9	3	6	7	8	1	4
8	4	3	5	1	2	9	6	7
7	1	6	8	4	9	3	5	2
4	7	8	9	5	3	6	2	1
3	6	5	2	7	1	4	8	9
2	9	1	6	8	4	7	3	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spicy Chicken Soup

INGREDIENTS:

2 tbsp (25 ml) canola oil
2 onions, finely chopped
2 large garlic cloves, crushed
1 tsp (5 ml) ground coriander
1 tsp (5 ml) ground cumin
1/4 tsp (1 ml) cayenne pepper
1/4 tsp (1 ml) ground cloves
1/4 tsp (1 ml) ground ginger
1/4 tsp (1 ml) ground turmeric
4 cups (1 l) diluted chicken or vegetable stock
14 oz (396 ml) can chopped tomatoes
1 lb (500 g) skinless chicken breast fillets, cut into ¼-in. (0.5-cm) strips
1/2 lb (250 g) green beans, trimmed and chopped
400 g can chickpeas, drained and rinsed
2 tbsp (25 ml) chopped fresh coriander
1/3 cup (75 ml) low-fat yogurt
pinch of cayenne pepper
12 sprigs of fresh coriander

METHOD:

1. Heat oil in large, heavy-based pot or flameproof casserole dish over medium heat. Add onions and fry for 3 minutes, stirring. Add garlic and continue stirring 2 minutes longer until onions are softened, but not brown.
2. Reduce heat slightly and stir in spices. Continue stirring over gentle heat so spices release their aroma. Take care not to let mixture burn.
3. Stir in stock and tomatoes with their juice, increase heat and bring to boil. Then reduce heat to gentle simmer.
4. Add chicken, beans and chickpeas to pot, bring back to boil, then reduce heat, cover and leave soup to cook gently 10 minutes until chicken is cooked through and beans are just tender. Taste one bean to test if it is cooked and cut piece of chicken in half to make sure it is no longer pink in centre. Stir in chopped coriander and season.
5. Ladle soup into individual bowls, then add dollop of yogurt to each serving, sprinkle with cayenne pepper and garnish with coriander. Serve with chapattis or nan bread.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Make sure you get your message across today, both at home and at work. If you make the effort you will quite easily find the words to win over others.

TAURUS ♉
APRIL 21-MAY 21
All things are possible if you believe they are possible, so stop looking for reasons why your plans could go wrong and focus on why they will go right.

GEMINI ♊
MAY 22-JUNE 21
You don't have to be sociable or put in more work hours than strictly required. If you'd prefer to be by yourself today by all means do so.

CANCER ♋
JUNE 22-JULY 22
Group activities of all kinds are under good stars; you'll have plenty to show for your efforts by day's end. Team tasks will go easier if you seize the initiative.

LEO ♌
JULY 23-AUG 23
Who said Leos have fixed ideas? Clearly they don't know what they are talking about and you will prove it today as you think in new directions.

VIRGO ♍
AUG 24-SEPT 22
You may not want to hurt a close friend's feelings, but say what needs to be said then offer a shoulder to cry on. They'll thank you for it one day.

LIBRA ♎
SEPT 23-OCT 23
Your powers of persuasion are strong currently and both family and financial matters will go well if you let others know what you expect of them.

SCORPIO ♏
OCT 24-NOV 22
Don't be afraid to speak up if a loved one is making a mistake of some kind. You'd never forgive yourself if they suffered because you stayed silent.

SAGITTARIUS ♐
NOV 23-DEC 21
It's not like you to focus on the little things that could wrong rather than the big things that will go right, so why are you doing it now? Snap out of it.

CAPRICORN ♑
DEC 22-JAN 20
You're getting all sorts of offers from all sorts of directions, but you seem reluctant to commit. If you're waiting for a perfect offer, don't wait forever.

AQUARIUS ♒
JAN 21-FEB 18
If you see or hear something to your advantage today, act on it quickly. Don't waste time wondering what it means to other people. It's OK to be selfish.

PISCES ♓
FEB 19-MARCH 20
Someone will try to blame you for a mistake that was mainly, if not wholly, down to them today. Don't let them get away with it.

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